

Carb Factoring by Weight – An Example:

Silly Greek Chili (from Eat, Shrink and be Merry by Janet and Greta Podleski)

** Warning: Carb amounts cited are given as examples only – the actual carb values in your casserole will vary according to brands and precision of amounts used. You will need to calculate the specific carb values for your meal.*

<i>Amount</i>	<i>Ingredients</i>	<i>g of Carbs*</i>
2 tsp	olive oil	0
3	boneless, skinless chicken breasts (~450 g), cut into 1-inch cubes	0
1 cup	chopped red onions	16
1 cup	diced zucchini	6
1/2 cup	chopped red bell pepper	6
2 tsp	minced garlic	2
1 tbsp	chili powder	0
1 tsp	ground cumin	0
1 tsp	dried oregano	0
1 can (19oz/540 ml)	diced tomatoes, undrained	64
1 1/2 cups	your favourite tomato pasta sauce	50
1 cup	canned chickpeas, drained and rinsed	27
1 tbsp	brown sugar	9
1/4 tsp	fresh ground pepper	0
2 tbsp	minced fresh cilantro	0
1/3 cup (1.5 oz/43g)	crumbled feta cheese	0

Heat olive oil over medium-high heat in a large, non-stick pot. Add chicken. Cook and stir until chicken is lightly browned, but not cooked through, about 4 minutes. Add onions, zucchini, red pepper, and garlic. Cook and stir until vegetables begin to soften, about 3 minutes.

Stir in chili powder, cumin and oregano. Cook 1 more minute. Add tomatoes with their juice, pasta sauce, chick peas, brown sugar and pepper. Bring to a boil. Reduce heat to low. Cover and simmer for 15 minutes.

Remove from heat. Stir in cilantro. Ladle into serving bowls and top with feta cheese. Makes 5 servings.

Total grams of Carbs (in the whole recipe, as outlined above) = 180

Total weight of the finished product = 1633 g (as weighed on a scale)

$$\text{Carb Factor} = \frac{\text{total carbs (in grams)}}{\text{finished weight (in grams)}} = \frac{180\text{g}}{1633\text{g}} = 0.11$$

This means there is 0.11g of carbs in every gram of weight of Silly Greek Chili.

To use this carb factor, weigh the desired portion of chili on a kitchen scale (minus the bowl, of course), then multiply this serving weight by the carb factor to calculate the amount of carbs in that serving. For example:

A given serving weighs 325g.

The carbs in that serving size = (weight) x (carb factor) = 325g x 0.11 = (35.75g carbs, or, rounding up) 36g of carbs for this serving of chili.