Gram Equivalents of Ingredients

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	Units	1/8	1/4	3/8	1/3 1/2	5/8	2/3	3/4	7/8	1	1 1/4	1 1/2	1 3/4	2	2 1/4	2 1/2	2 3/4	3	3 1/2	4	4 1/2	5
Baking powder	t	0.7	1.4	2.1	1.9 2.8	3.5	3.7	4.2	4.9	5.6	7.0	8.4	9.8	11.2	12.6	14.0	15.4	16.8	19.6	22.4	25.2	28.0
	Т	2.1	4.2	6.3	5.6 8.4	10.5	11.2	12.6	14.7	17	21.0	25.2	29.4	33.6	37.8	42.0	46.2	50.4	58.8	67.2	75.6	84.0
Baking soda	t	0.6	1.2	1.8	1.6 2.4	3.0	3.2	3.6	4.2	4.8	6.0	7.2	8.4	9.6	10.8	12.0	13.2	14.4	16.8	19.2	21.6	24.0
	Т	1.8	3.6	5.4	4.8 7.2	9.0	9.6	10.8	12.6	14	18.0	21.6	25.2	28.8	32.4	36.0	39.6	43.2	50.4	57.6	64.8	72.0
Beans, pinto	С	22	44	66	59 88	110	117	132	154	176	220	264	308	352	396	440	484	528	616	704	792	880
Breadcrumbs, packaged	t	0.3	0.6	0.9	0.8 1.3	3 1.6	1.7	1.9	2.2	2.5	3.1	3.8	4.4	5.0	5.6	6.3	6.9	7.5	8.8	10.0	11.3	12.5
	С	15	30	45	40 60		80	90	105	120	150	180	210	240	270	300	330	360	420	480	540	600
Butter	t	0.6	1.2	1.8	1.6 2.5		3.3	3.7	4.3	4.9	6.1	7.4	8.6	9.8	11.0	12.3	13.5	14.7	17.2	19.6	22.1	24.5
	Т	1.8	3.7	5.5	4.9 7.3			11.0	12.8	14.6	18.3	21.9	25.6	29.2	32.9	36.5	40.2	43.8	51.1	58.4	65.7	73.0
	С	29	58	86	77 115				201	230	288	345	403	460	518	575	633	690	805	920	1035	1150
Celery seed	t	0.3	0.6	0.9	0.8 1.3	+	1.7	1.9	2.2	2.5	3.1	3.8	4.4	5.0	5.6	6.3	6.9	7.5	8.8	10.0	11.3	12.5
Cinnamon, ground (All ground spices)	t	0.3	0.6	1.0	0.8 1.3		1.7	1.9	2.2	2.5	3.2	3.8	4.4	5.1	5.7	6.3	7.0	7.6	8.9	10.1	11.4	12.7
Chillianion, ground (All ground spices)	Ť	1.0	1.9	2.9	2.5 3.8		5.1	5.7	6.7	7.6	9.5	11.4	13.3	15.2	17.1	19.0	20.9	22.8	26.6	30.4	34.2	38.0
Coope	T			1.9			3.3	3.8		5.0	6.3	7.5	8.8	10.0	11.3	12.5	13.8	15.0		20.0	22.5	25.0
Cocoa	-	0.6	1.3		1.7 2.5				4.4								220		17.5			400
0	C	10	20	30	27 40	+	53	60	70	80	100	120	140	160	180	200		240	280	320	360	
Coconut	T	0.9	1.9	2.8	2.5 3.8		5.0	5.6	6.6	7.5	9.4	11.3	13.1	15.0	16.9	18.8	20.6	22.5	26.3	30.0	33.8	37.5
Cornmeal and Masa Harina	Т	0.9	1.9	2.8	2.5 3.8		5.0	5.6	6.6	8	9.4	11.3	13.1	15.0	16.9	18.8	20.6	22.5	26.3	30.0	33.8	37.5
	С	15	30	45	40 60		80	90	105	120	150	180	210	240	270	300	330	360	420	480	540	600
Cornmeal, coarse	С	20	40	60	53 80			120	140	160	200	240	280	320	360	400	440	480	560	640	720	800
Cornstarch	t	0.3	0.7	1.0	0.9 1.3		1.8	2.0	2.3	2.7	3.3	4.0	4.7	5.3	6.0	6.7	7.3	8.0	9.3	10.7	12.0	13.3
	Т	1.0	2.0	3.0	2.7 4.0		5.3	6.0	7.0	8.0	10.0	12.0	14.0	16.0	18.0	20.0	22.0	24.0	28.0	32.0	36.0	40.0
Couscous, dry	С	29	58	86	77 115		153	173	201	230	288	345	403	460	518	575	633	690	805	920	1035	1150
Currents	С	20	40	60	53 80				140	160	200	240	280	320	360	400	440	480	560	640	720	800
Dates	С	19	38	56	50 75	94	100	113	131	150	188	225	263	300	338	375	413	450	525	600	675	750
Egg, large	ea	8	15	23	20 30	38	40	45	53	60	75	90	105	120	135	150	165	180	210	240	270	300
Egg whites, large	ea	4	8	11	10 15	19	20	23	26	30	38	45	53	60	68	75	83	90	105	120	135	150
Flour, all-purpose, unbleached, WW, rye, 00	Т	0.9	1.9	2.8	2.5 3.8	4.7	5.0	5.6	6.6	7.5	9.4	11.3	13.1	15.0	16.9	18.8	20.6	22.5	26.3	30.0	33.8	37.5
	С	15	30	45	40 60	75	80	90	105	120	150	180	210	240	270	300	330	360	420	480	540	600
Flour, bread	Т	1.0	1.9	2.9	2.6 3.9	4.8	5.2	5.8	6.8	7.8	9.7	11.6	13.6	15.5	17.4	19.4	21.3	23.3	27.1	31.0	34.9	38.8
	С	16	31	47	41 62	78	83	93	109	124	155	186	217	248	279	310	341	372	434	496	558	620
Flour, cake	С	15	30	45	40 60	75	80	90	105	120	150	180	210	240	270	300	330	360	420	480	540	600
Flour, semolina	С	21	42	63	56 84	105	112	126	147	168	210	252	294	336	378	420	462	504	588	672	756	840
Honey	Т	2.6	5.3	7.9	7.0 10.5	13.1	14.0	15.8	18.4	21.0	26	32	37	42	47	53	58	63	74	84	95	105
Mayonnaise	Т	1.6	3.3	4.9	4.3 6.5	8.1	8.7	9.8	11.4	13.0	16.3	19.5	22.8	26.0	29.3	32.5	35.8	39.0	45.5	52.0	58.5	65.0
Milk	С	30	60	90	80 120	150	160	180	210	240	300	360	420	480	540	600	660	720	840	960	1080	1200
Milk, dry, powdered	Т	0.9	1.8	2.7	2.4 3.7	4.6	4.9	5.5	6.4	7.3	9.1	11.0	12.8	14.6	16.4	18.3	20.1	21.9	25.6	29.2	32.9	36.5
Molasses	С	44	88		117 175	_	233	263	306	350	438	525	613	700	788	875	963	1050	1225	1400	1575	1750
Mustard, dry	t	0.3	0.6	0.9	0.8 1.2		1.6	1.8	2.1	2.4	3.0	3.6	4.2	4.8	5.4	6.0	6.6	7.2	8.4	9.6	10.8	12.0
Oil, Olive	Т	1.5	3.0	4.5	4.0 6.3	7.6	8.1	9.1	10.6	12.1	15.1	18.2	21.2	24.2	27.2	30.3	33.3	36.3	42.4	48.4	54.5	60.5
	С	24	48	71	63 95				166	190	238	285	333	380	428	475	523	570	665	760	855	950
Oil, Veg	c	26	53	79	70 105		140	158	184	210	263	315	368	420	473	525	578	630	735	840	945	1050
Pine nuts	С	15	30	45	40 60		80	90	105	120	150	180	210	240	270	300	330	360	420	480	540	600
Parmigiana cheese, grated	С	23	45	68	60 90		120	135	158	180	225	270	315	360	405	450	495	540	630	720	810	900
Pecans, chopped	С	15	30	45	40 60		80	90	105	120	150	180	210	240	270	300	330	360	420	480	540	600
Peanut Butter	T	2	4	6	5 8		11	12	14	16	20	24	28	32	36	40	44	48	56	64	72	80
· Sanat Zatto	c	32	32	96	85 128		171	192	224	256	320	384	448	512	576	640	704	768	896	1024	1152	1280
Pepper	t	0.4	0.8	1.2	1.1 1.6	_	2.1	2.4	2.8	3.2	4.0	4.8	5.6	6.4	7.2	8.0	8.8	9.6	11.2	12.8	14.4	16.0
Raisins	c	20	40	60	53 80		107	120	140	160	200	240	280	320	360	400	440	480	560	640	720	800
Rice, basmati, uncooked	С	24	49	73	65 98			146	171	195	244	293	341	390	439	488	536	585	683	780	878	975
Salt	t	0.8	1.5	2.3	2.0 3.0		4.0	4.5	5.3	6.0	7.5	9.0	10.5	12.0	13.5	15.0	16.5	18.0	21.0	24.0	27.0	30.0
	Ť	2.3	4.5	6.8		11.3			15.8	18.0	22.5	27.0	31.5	36.0	40.5	45.0	49.5	54.0	63.0	72.0	81.0	90.0
	c	36		108	96 144				252	288	360	432	504	576	648	720	792	864	1008	1152	1296	1440
Salt, kosher, coarse	t	0.6	1.2	1.8	1.6 2.4		3.2	3.6	4.2	4.8	6.0	7.2	8.4	9.6	10.8	12.0	13.2	14.4	16.8	19.2	21.6	24.0
,,	T	1.8	3.6	5.4	4.8 7.2			10.8	12.6	14.4	18.0	21.6	25.2	28.8	32.4	36.0	39.6	43.2	50.4	57.6	64.8	72.0
	c	29	58	86	77 115				201	230	288	345	403	460	518	575	633	690	805	920	1035	1150
Shortening, Crisco	T	1.5	3.0	4.5	4.0 6.0			9.0	10.5	12.0	15.0	18.0	21.0	24.0	27.0	30.0	33.0	36.0	42.0	48.0	54.0	60.0
Shortening, Grisco	c	24	48	72	64 96				168	192	240	288	336	384	432	480	528	576	672	768	864	960
Sugar, confectioner's	t	0.3	0.6	0.9	0.8 1.3	_		1.9	2.2	2.5	3.1	3.8	4.4	5.0	5.6	6.3	6.9	7.5	8.8	10.0	11.3	12.5
Sugar, confectioners	T	0.9	1.9	2.8	2.5 3.8		5.0	5.6	6.6	7.5	9.4	11.3	13.1	15.0	16.9	18.8	20.6	22.5	26.3	30.0	33.8	37.5
	C	15	30	45	40 60		80	90	105	120	150	180	210	240	270	300	330	360	420	480	540	600
Sugar, granulated or brown, dark or light			1.0	1.5	1.3 2.0		2.7	3.0	3.5	4.0	5.0	6.0	7.0	8.0	9.0	10.0	11.0	12.0	14.0	16.0	18.0	20.0
Sugar, granulated of brown, dark of light	t	0.5																				
	T	1.5	3.0	4.5	4.0 6.0		8.0	9.0	10.5	12.0	15.0	18.0	21.0	24.0	27.0	30.0	33.0	36.0	42.0	48.0	54.0	60.0
Tomato nocto	C	24	48	72	64 96			144	168	192	240	288	336	384	432	480	528	576	672	768	864	960
Tomato paste	T	15	4	6 4E	5 8		11	12	14	16	20	24	28	32	36	40	44	48	56	64	72 E40	80
Walnuts, shelled	C	15	30	45	40 60		80	90	105	120	150	180	210	240	270	300	330	360	420	480	540	600
Water	t	0.6	1.3	1.9	1.7 2.5			3.8	4.4	5.0	6.3	7.5	8.8	10.0	11.3	12.5	13.8	15.0	17.5	20.0	22.5	25.0
	T	1.9	3.8	5.7	5.0 7.6			11.3	13.2	15.1	18.9	22.7	26.4	30.2	34.0	37.8	41.5	45.3	52.9	60.4	68.0	75.5
	fl.oz.	4	7	11	9 14		19	21	25	28.0	35	42	49	56	63	70	77	84	98	112	126	140
	С	30	59	89	79 119				207	237	296	356	415	474	533	593	652	711	830	948	1067	1185
Weights	oz	4	7	11	9 14		19	21	25	28.4	35	43	50	57	64	71	78	85	99	113	128	142
	lb				151 227				397	454	567	680	794	907	1021	1134	1247	1361	1588	1814	2041	2268
Yeast, active dry	t	0.4	8.0		1.1 1.6		2.1	2.4	2.8	3.2	4.0	4.8	5.6	6.4	7.2	8.0	8.8	9.6	11.2	12.8	14.4	16.0
	pkg	0.9	1.8	2.6	2.3 3.5	4.4	4.7	5.3	6.1	7.0	8.8	10.5	12.3	14.0	15.8	17.5	19.3	21.0	24.5	28.0	31.5	35.0

Misc values

AP flour = 9-12%

Slow cooker: low: 4x normal recipe time, high: 2x normal recipe time; minimum 6 hours 1 cup = 8 oz = 16 T = 48 t Normal saline: 9g/l or 11/c 1 pk dry yeast = 2/3 oz fresh yeast (1/3 of 2 oz pk) Self-rising flour = $1\frac{1}{2}$ t baking soda + $\frac{1}{2}$ t salt per 1c AP flour High gluten flour = 14-15% protein Bread or Strong While flour = 10-13%