Gram Equivalents of Ingredients

	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
Apple butter	Т	2.1	4.3	6.4	5.7	8.5	10.6	11.3	12.8	14.9	17.0	21.3	25.5	29.8	34.0	38.3	42.5	46.8	51.0	59.5	68.0	76.5	85.0
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
	T	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 T	0.6 1.8	1.2 3.6	1.8 5.4	1.6 4.8	2.4 7.2	3.0 9.0	3.2 9.6	3.6 10.8	4.2 12.6	4.8 14	6.0 18.0	7.2 21.6	8.4 25.2	9.6 28.8	10.8 32.4	12.0 36.0	13.2 39.6	14.4 43.2	16.8 50.4	19.2 57.6	21.6 64.8	24.0 72.0
Beans, pinto	c	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	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	75	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	3.1	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
	T	1.8 29	3.7 58	5.5 86	4.9 77	7.3 115	9.1 144	9.7 153	11.0 173	12.8 201	14.6 230	18.3 288	21.9 345	25.6	29.2 460	32.9 518	36.5	40.2	43.8 690	51.1 805	58.4 920	65.7 1035	73.0 1150
Buttermilk	c c	31	61	92	81	122	153	163	183	214	244	305	366	403 427	488	549	575 610	633 671	732	854	976	1098	1220
Celery seed	t	0.3	0.6	0.9	0.8	1.3	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
Cinnamon, ground (All ground spices)	t	0.3	0.6	1.0	0.8	1.3	1.6	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
_	T	1.0	1.9	2.9	2.5	3.8	4.8	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
Cocoa	T C	0.6 10	1.3 20	1.9 30	1.7 27	2.5 40	3.1 50	3.3 53	3.8 60	4.4 70	5.0 80	6.3 100	7.5 120	8.8 140	10.0 160	11.3 180	12.5 200	13.8 220	15.0 240	17.5 280	20.0 320	22.5 360	25.0 400
Coconut	T	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
Cornmeal and Masa Harina	Т	0.9	1.9	2.8	2.5	3.8	4.7	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	75	80	90	105	120	150	180	210	240	270	300	330	360	420	480	540	600
Cornmeal, coarse	С	20	40	60	53	80	100	107	120	140	160	200	240	280	320	360	400	440	480	560	640	720	800
Cornstarch	t T	0.3	0.7 2	1.0	0.9	1.3	1.7 5	1.8 5	2.0	2.3	2.7 8	3.3 10	4.0 12	4.7	5.3	6.0 18	6.7 20	7.3	8.0 24	9.3 28	10.7 32	12.0 36	13.3 40
	c	15	30	3 45	40	60	5 75	80	90	105	120	150	180	14 210	16 240	270	300	22 330	360	420	32 480	540	600
Couscous, dry	С	29	58	86	77	115	144	153	173	201	230	288	345	403	460	518	575	633	690	805	920	1035	1150
Cream of tartar	t	0.5	1.0	1.4	1.3	1.9	2.4	2.5	2.9	3.3	3.8	4.8	5.7	6.7	7.6	8.6	9.5	10.5	11.4	13.3	15.2	17.1	19.0
	Т	1.3	2.5	3.8	3.4	5.1	6.3	6.7	7.6	8.8	10.1	12.6	15.2	17.7	20.2	22.7	25.3	27.8	30.3	35.4	40.4	45.5	50.5
Currents Dates	c c	20 19	40 38	60 56	53 50	80 75	100 94	107 100	120 113	140 131	160 150	200 188	240 225	280 263	320 300	360 338	400 375	440 413	480 450	560 525	640 600	720 675	800 750
Egg, large	ea	19	38 15	23	20	30	38	40	45	53	60	75	90	105	120	135	375 150	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
Egg, extra large	ea	8	16	24	21	32	40	43	48	56	64	80	96	112	128	144	160	176	192	224	256	288	320
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
Flour, bread	C T	15 1.0	30 1.9	45 2.9	40 2.6	60 3.9	75 4.8	80 5.2	90 5.8	105 6.8	120 7.8	150 9.7	180 11.6	210 13.6	240 15.5	270 17.4	300 19.4	330 21.3	360 23.3	420 27.1	480 31.0	540 34.9	600 38.8
Flour, bread	c	16	31	47	41	62	78	83	93	109	124	155	186	217	248	279	310	341	372	434	496	558	620
Flour, cake	c	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
Lard	C T	28	55	83	73	110	138	147	165	193	220 13.0	275 16.3	330	385 22.8	440	495 29.3	550	605 35.8	660 39.0	770 45.5	880 52.0	990 58.5	1100 65.0
Mayonnaise Milk	c	1.6 30	3.3 60	4.9 90	4.3 80	6.5 120	8.1 150	8.7 160	9.8 180	11.4 210	240	300	19.5 360	420	26.0 480	29.3 540	32.5 600	660	720	45.5 840	960	1080	1200
Milk, dry, powdered	T	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	131	117	175	219	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	1.5	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	T C	1.5 24	3.0 48	4.5 71	4.0 63	6.1 95	7.6 119	8.1 127	9.1 143	10.6 166	12.1 190	15.1 238	18.2 285	21.2 333	24.2 380	27.2 428	30.3 475	33.3 523	36.3 570	42.4 665	48.4 760	54.5 855	60.5 950
Oil, Veg	T	1.7	3.4	5.1	4.5	6.8	8.5	9.1	10.2	11.9	13.6	17.0	20.4	23.8	27.2	30.6	34.0	37.4	40.8	47.6	54.4	61.2	68.0
, , ,	С	26	53	79	70	105	131	140	158	184	210	263	315	368	420	473	525	578	630	735	840	945	1050
Parmigiana cheese, grated	С	23	45	68	60	90	113	120	135	158	180	225	270	315	360	405	450	495	540	630	720	810	900
Pecans, chopped	C	15	30	45	40	60	75	80	90	105	120	150	180	210	240	270	300	330	360	420	480	540	600
Peanut Butter	T C	2 32	4 32	6 96	5 85	8 128	10 160	11 171	12 192	14 224	16 256	20 320	24 384	28 448	32 512	36 576	40 640	44 704	48 768	56 896	64 1024	72 1152	80 1280
Pepper	t	0.4	0.8	1.2	1.1	1.6	2.0	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
Pine nuts	С	15	30	45	40	60	75	80	90	105	120	150	180	210	240	270	300	330	360	420	480	540	600
Potato starch	Т	2	3	5	4	6	8	8	9	11	12	15	18	21	24	27	30	33	36	42	48	54	60
Raisins	C	20	40	60 73	53 65	80	100	107 130	120	140	160	200	240 293	280	320	360	400 488	440	480	560	640	720 878	800
Rice, Basmati, uncooked Salt	c t	0.8	1.5	2.3	2.0	98 3.0	3.8	4.0	146 4.5	171 5.3	195 6.0	7.5	9.0	341 10.5	390 12.0	439 13.5	15.0	536 16.5	585 18.0	683 21.0	780 24.0	27.0	975 30.0
	T	2.3	4.5	6.8	6.0	9.0	11.3	12.0	13.5	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
	С	36	72	108	96	144	180	192	216	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	3.0	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
	T	1.8	3.6	5.4	4.8	7.2 115	9.0 144	9.6	10.8 173	12.6	14.4	18.0	21.6	25.2	28.8	32.4	36.0	39.6	43.2 690	50.4	57.6	64.8 1035	72.0 1150
Shortening, Crisco	C T	29 1.5	58 3.0	86 4.5	77 4.0	6.0	7.5	153 8.0	9.0	201 10.5	230 12.0	288 15.0	345 18.0	403 21.0	460 24.0	518 27.0	575 30.0	633 33.0	36.0	805 42.0	920 48.0	54.0	60.0
onertening, ended	c	24	48	72	64	96	120	128	144	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	1.6	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
	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
Curan aranulated or brown dark or light	c	15	30	45	40	60	75	80	90	105	120	150	180	210	240	270	300	330	360	420	480	540	600
Sugar, granulated or brown, dark or light	t T	0.5 1.5	1.0 3.0	1.5 4.5	1.3 4.0	2.0 6.0	2.5 7.5	2.7 8.0	3.0 9.0	3.5 10.5	4.0 12.0	5.0 15.0	6.0 18.0	7.0 21.0	8.0 24.0	9.0 27.0	10.0 30.0	11.0 33.0	12.0 36.0	14.0 42.0	16.0 48.0	18.0 54.0	20.0 60.0
	c	24	48	72	64	96	120	128	144	168	192	240	288	336	384	432	480	528	576	672	768	864	960
Tomato paste	T	2	4	6	5	8	10	11	12	14	16	20	24	28	32	36	40	44	48	56	64	72	80
Walnuts, shelled	С	15	30	45	40	60	75	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	3.1	3.3	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 fl.oz.	1.9 4	3.8 7	5.7 11	5.0	7.6 14	9.4 18	10.1 19	11.3 21	13.2 25	15.1 28.0	18.9 35	22.7 42	26.4 49	30.2 56	34.0 63	37.8 70	41.5 77	45.3 84	52.9 98	60.4 112	68.0 126	75.5 140
	11.02. C	30	59	89	79	119	148	158	178	207	237	296	356	415	474	533	593	652	711	830	948	1067	1185
Weights	oz	4	7	11	9	14	18	19	21	25	28.4	35	43	50	57	64	71	78	85	99	113	128	142
	lb	57	113	170	151	227	284	302	340	397	454	567	680	794	907	1021	1134	1247	1361	1588	1814	2041	2268
Yeast, active dry	t	0.4	0.8	1.2	1.1	1.6	2.0	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

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 1t/c

1 pk dry yeast = 2/3 oz fresh yeast (1/3 of 2 oz pk) Self-rising flour = 1 ½ t baking soda + ½ t salt per 1 c AP flour High gluten flour = 14-15% protein Bread or Strong While flour = 10-13% protein AP flour = 9-12% protein