

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
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	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	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	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
	c	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	3.7	5.5	4.9	7.3	9.1	9.7	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
	c	29	58	86	77	115	144	153	173	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	1.6	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	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
	c	10	20	30	27	40	50	53	60	70	80	100	120	140	160	180	200	220	240	280	320	360	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	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
	c	15	30	45	40	60	75	80	90	105	120	150	180	210	240	270	300	330	360	420	480	540	600
Cornmeal, coarse	c	20	40	60	53	80	100	107	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	1.7	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
	T	1.0	2.0	3.0	2.7	4.0	5.0	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	c	29	58	86	77	115	144	153	173	201	230	288	345	403	460	518	575	633	690	805	920	1035	1150
Currents	c	20	40	60	53	80	100	107	120	140	160	200	240	280	320	360	400	440	480	560	640	720	800
Dates	c	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	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
	c	15	30	45	40	60	75	80	90	105	120	150	180	210	240	270	300	330	360	420	480	540	600
Flour, bread	T	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
	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	c	21	42	63	56	84	105	112	126	147	168	210	252	294	336	378	420	462	504	588	672	756	840
Honey	T	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	T	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	c	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	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	c	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	1.5	3.0	4.5	4.0	6.1	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
	c	24	48	71	63	95	119	127	143	166	190	238	285	333	380	428	475	523	570	665	760	855	950
Oil, Veg	c	26	53	79	70	105	131	140	158	184	210	263	315	368	420	473	525	578	630	735	840	945	1050
Pine nuts	c	15	30	45	40	60	75	80	90	105	120	150	180	210	240	270	300	330	360	420	480	540	600
Parmigiana cheese, grated	c	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	2	4	6	5	8	10	11	12	14	16	20	24	28	32	36	40	44	48	56	64	72	80
	c	32	32	96	85	128	160	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	2.0	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
Raisins	c	20	40	60	53	80	100	107	120	140	160	200	240	280	320	360	400	440	480	560	640	720	800
Rice, basmati, uncooked	c	24	49	73	65	98	122	130	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	3.8	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
	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
	c	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	9.0	9.6	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	144	153	173	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	7.5	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
	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
	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
	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	0.5	1.0	1.5	1.3	2.0	2.5	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
	T	1.5	3.0	4.5	4.0	6.0	7.5	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.			