

# 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	T	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	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
Buttermilk	c	31	61	92	81	122	153	163	183	214	244	305	366	427	488	549	610	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	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	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
	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	2	3	3	4	5	5	6	7	8	10	12	14	16	18	20	22	24	28	32	36	40
	c	15	30	45	40	60	75	80	90	105	120	150	180	210	240	270	300	330	360	420	480	540	600
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
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
	T	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	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
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
Egg yokes, large	ea	2	4	6	6	9	11	11	13	15	17	21	26	30	34	38	43	47	51	60	68	77	85
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
Lard	c	28	55	83	73	110	138	147	165	193	220	275	330	385	440	495	550	605	660	770	880	990	1100
Maple Syrup	c	42	83	125	111	166	208	221	249	291	332	415	498	581	664	747	830	913	996	1162	1328	1494	1660
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	T	3	5	8	7	11	14	15	16	19	21.9	27	33	38	44	49	55	60	66	77	88	98	109
	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

# 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
Morsels, Butterscotch	c	28	56	84	75	112	140	149	168	196	224	280	336	392	448	504	560	616	672	784	896	1008	1120
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	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
	c	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	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
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
Potato starch	T	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	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	42.0	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
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	c	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	1.9	3.8	5.7	5.0	7.6	9.4	10.1	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	18	19	21	25	28.0	35	42	49	56	63	70	77	84	98	112	126	140
	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 1/2 t baking soda + 1/2 t salt per 1 c AP flour

Baking Powder: 2 Creme of Tartar : 1 Baking Soda

High gluten flour = 14-15% protein

Bread or Strong White flour = 10-13% protein

AP flour = 9-12% protein

Up to 20% of vital wheat gluten can be used to make high-gluten flour