

CONVERSION CHART



Commonly Used Substitutions

Ingredient	Quantity	Substitute
Baking Powder	1 tsp. double acting	1/4 tsp. baking soda + 1/2 cup buttermilk <i>or</i>
Baking Powder	1 tsp. double acting	1/4 tsp baking soda + 1/2 tsp. cream of tartar
Butter	1 cup	1 cup margarine <i>or</i>
Butter	1 cup	7/8 cup lard + 1/2 tsp. salt
Chocolate	1 ounce	3 Tbsp. cocoa + 1 Tbsp. shortening
Corn Starch (for thickening)	1 Tbsp.	2 Tbsp. flour
Cream	1 cup	1/2 cup butter + 3/4 cup milk
Egg	1 whole	2 egg yolks
Flour	1 cup all purpose	1 cup + 2 Tbsp. cake flour
Flour	1 cup cake flour	7/8 cup all purpose flour
Flour	1 cup self-rising flour	1 cup flour (omit baking powder & salt)
Garlic	1 small clove	1/8 tsp. garlic powder
Herbs	1 Tbsp. fresh	1 tsp. dried
Honey	1 cup	1 1/4 cups sugar + 1/4 cup liquid
Milk, fresh whole	1 cup	1 cup reconstituted dry milk + 2 tsp. butter
Milk, whole	1 cup	1/2 cup evaporated milk + 1/2 cup water
Milk, sour	1 cup	1 Tbsp. lemon juice or vinegar + sweet milk to make 1 cup
Minced Dry Onion (hydrated)	1 Tbsp. instant	1 small fresh onion
Molasses	1 cup	1 cup honey
Mustard, prepared	1 Tbsp.	1 tsp. dry mustard
Ricotta Cheese	1 cup	1 cup cottage cheese + 1 Tbsp. skim milk
Sour Cream	1 cup	1 cup yogurt
Sugar, Brown	1 cup	3/4 cup granulated sugar + 1/4 cup molasses
Sugar, Powdered	1 1/3 cups	1 cup granulated sugar
Yogurt	1 cup	1 cup buttermilk

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