

Ingredient substitution chart

Exact swap ratios for the ingredients home cooks run out of most, checked against NDSU, Colorado State, Mississippi State, and Utah State extension guidance. Amounts replace the ingredient one for one in normal cooking and baking; they are not canning-safe conversions.

MILK, CREAM AND CULTURED DAIRY

Buttermilk, 1 cup	1 cup milk minus 1 Tbsp, plus 1 Tbsp lemon juice or vinegar, stand 5 min; or 1 cup plain yogurt; or 1 cup milk + 1 3/4 tsp cream of tartar
Heavy cream, 1 cup, for cooking	3/4 cup milk + 1/3 cup melted butter, or 2/3 cup buttermilk + 1/3 cup oil
Whipped cream, about 2 cups	1 cup evaporated milk, chilled 12 hours, plus 1/2 tsp lemon juice, whipped stiff
Half-and-half, 1 cup	7/8 cup milk + 1 1/2 Tbsp butter, or 1 cup undiluted evaporated milk
Sour cream, 1 cup	1 cup plain yogurt, plus 1 Tbsp cornstarch if it gets heated
Plain yogurt, 1 cup	1 cup buttermilk, sour cream, or blended cottage cheese
Whole milk, 1 cup	1/2 cup evaporated milk + 1/2 cup water; in baking, 1 cup buttermilk + 1/2 tsp baking soda, baking powder cut 2 tsp
Sweetened condensed milk, 1 cup	1/3 cup evaporated milk + 3/4 cup sugar + 2 Tbsp butter, heated to dissolve
Cream cheese	Part-skim ricotta or lowfat cottage cheese, drained, beaten smooth

EGGS

Egg, 1 whole large	2 egg whites, plus 1 to 2 tsp oil for the fat the yolk carried
Egg, 1 whole large, in cookies	2 egg yolks + 1 Tbsp water
Egg, 1 whole large	1/4 cup commercial egg substitute
Egg, 1, in cakes and quick breads	1/2 tsp baking powder + 1 Tbsp vinegar + 1 Tbsp liquid, up to 2 eggs
Egg, 1 of every 3 in a batter	1 Tbsp cornstarch
Egg whites, 1 cup	8 large egg whites

FLOUR, SUGAR AND BAKING STAPLES

Cake flour, 1 cup sifted	1 cup sifted all-purpose flour minus 2 Tbsp
Self-rising flour, 1 cup	1 cup all-purpose flour + 1 1/4 tsp baking powder + 1/4 tsp salt
Baking powder, 1 tsp	1/4 tsp baking soda + 5/8 tsp cream of tartar, mixed and used at once
Cream of tartar, 1/2 tsp	1 1/2 tsp lemon juice or vinegar
Butter, 1 cup	7/8 cup oil + 1/2 tsp salt
Brown sugar, 1 cup packed	1 cup granulated sugar + 1/4 cup molasses
Honey, 1 cup	1 1/4 cups sugar + 1/4 cup recipe liquid
Unsweetened chocolate, 1 oz	3 Tbsp cocoa + 1 Tbsp butter
Cornstarch, 1 Tbsp, thickening	2 Tbsp all-purpose flour, or 2 Tbsp granular tapioca
All-purpose flour, 1 Tbsp, thickening	1 1/2 tsp cornstarch, potato starch or rice starch

HERBS, SPICES AND SEASONINGS

Fresh herbs, 1 Tbsp finely cut	1 tsp dried herbs, or 1/4 tsp ground
Fresh mint, 1/4 cup chopped	1 Tbsp dried mint leaves
Chives, 1 Tbsp chopped	1 Tbsp green onion tops
Fresh ginger, 1 Tbsp grated	1/8 tsp ground ginger
Bay leaf, 1 whole	1/4 tsp cracked bay leaves
Garlic, 1 small clove	1/8 tsp garlic powder, or 1/4 tsp instant minced garlic
Onion, 1 small	1/4 cup chopped fresh onion, or 1 tsp onion powder
Dry mustard, 1 tsp	1 Tbsp prepared mustard, with the other acid cut back

CANNED GOODS, CONDIMENTS AND PRODUCE

Tomato sauce, one 15 oz can	One 6 oz can tomato paste + 1 cup water
Tomato paste, 3/4 cup	2 cups tomato sauce, minus 1 cup of the recipe's liquid
Tomato juice, 1 cup	1/2 cup tomato sauce + 1/2 cup water
Fresh tomatoes, 2 cups chopped	One 16 oz can, drained
Ketchup, 1 cup, for cooking	1 cup tomato sauce + 1/2 cup sugar + 2 Tbsp vinegar
Worcestershire sauce, 1 tsp	1 tsp bottled steak sauce
Broth, 1 cup	1 bouillon cube or 1 tsp broth base in 1 cup boiling water
Wine, 1 cup, in cooking	13 Tbsp water + 3 Tbsp lemon juice + 1 Tbsp sugar