HOORVIA — SUGAR & SWEETENER CONVERSION CHART (WEIGHT & SWAPS)

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Quick Reference Cheat Sheet • Granulated, Brown, Powdered, Honey & Maple Ratios • US Letter (8.5" × 11")

■ DRY & LIQUID SUGARS — WEIGHT PER CUP (GRAMS & OUNCES)

Sugar / Sweetener Variety	1 Cup (Grams / Oz)	3/4 Cup	1/2 Cup	1/3 Cup	1/4 Cup	1 Tbsp
Granulated White Sugar	200 g (7.0 oz)	150 g	100 g	67 g	50 g	12.5 g
Superfine / Caster Sugar	225 g (7.9 oz)	169 g	113 g	75 g	56 g	14 g
Light or Dark Brown Sugar (Packed)	213 g (7.5 oz)	160 g	106 g	71 g	53 g	13.3 g
Powdered / Confectioners' Sugar (Unsifted)	120 g (4.25 oz)	90 g	60 g	40 g	30 g	7.5 g
Raw Turbinado / Demerara Sugar	180 g (6.3 oz)	135 g	90 g	60 g	45 g	11.2 g
Coconut Palm Sugar	192 g (6.75 oz)	144 g	96 g	64 g	48 g	12 g
Liquid Honey / Molasses / Corn Syrup	340 g (12.0 oz)	255 g	170 g	113 g	85 g	21 g
Pure Maple Syrup / Agave Nectar	312 g (11.0 oz)	234 g	156 g	104 g	78 g	19.5 g

■ SUBSTITUTING SUGARS & LIQUID SWEETENERS (FOR 1 CUP WHITE SUGAR)

Replacement Sweetener	Amount to Use	Mandatory Recipe Adjustments (Liquid, Leavening & Temp)
Light or Dark Brown Sugar	1 cup packed (213g)	Direct 1:1 swap; adds caramel flavor & makes cookies chewier
Coconut Sugar	1 cup (192g)	Direct 1:1 swap; bakes slightly darker with butterscotch notes
Liquid Honey	2/3 to 3/4 cup (240g)	Reduce other liquids by 3 tbsp • Add 1/4 tsp baking soda • Lower oven -25°F
Pure Maple Syrup	3/4 cup (234g)	Reduce other liquids by 3 tbsp • Add 1/8 tsp baking soda • Lower oven -25°F
Granulated Monk Fruit / Allulose Blend	1 cup (or 1 1/3 c pure allulose)	Lower oven temp by -25°F (Allulose browns twice as fast as cane sugar!)
Granulated Erythritol / Swerve	1 cup (200g)	Crisps well; may recrystallize slightly when cooled past 24 hours

■ INSTANT DIY SUGAR FORMULAS (MAKE ANY SUGAR AT HOME)

Sugar Needed	Ingredients Using Granulated White Sugar	Method
1 Cup Light Brown Sugar	1 cup (200g) White Sugar + 1 tbsp (21g) Unsulphured Molasses	Pulse in food processor 20 sec or rub together w/ fork
1 Cup Dark Brown Sugar	1 cup (200g) White Sugar + 2 tbsp (42g) Unsulphured Molasses	Rich toffee depth for gingerbread and pecan pie
1 Cup Powdered Sugar	1 cup (200g) White Sugar + 1 tbsp (8g) Cornstarch	Blend on high in dry blender for 60 seconds until powdery
1 Cup Caster / Baker's Sugar	1 cup (200g) White Sugar	Pulse in food processor 15 seconds (Do not powder)

PRO TIP: Lower oven temp by 25°F when baking with honey, maple syrup, or keto allulose because fructose and rare sugars caramelize much faster than white cane sugar!
GOLDEN BAKING WEIGHTS: Spooned & Leveled AP Flour = 120g/cup • Granulated Sugar = 200g/cup • Packed Brown Sugar = 213g/cup

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