

**This is huge list of ingredient substitutions. It is helpful when you are in the middle of a recipe or don't want to spend the money on an ingredient that you don't plan to use again.**

**Allspice:**

Amount: 1 teaspoon

Substitution: 1/2 teaspoon cinnamon, 1/4 teaspoon ginger, and 1/4 teaspoon cloves

**Baking Powder:**

Amount: 1 teaspoon

Substitution: 1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar

**Beer:**

Amount: 1 cup

Substitution: 1 cup nonalcoholic beer or 1 cup chicken broth

**Brandy:**

Amount: 1/4 cup

Substitution: 1 teaspoon imitation brandy extract plus enough water to make 1/4 cup

**Breadcrumbs:**

Amount: 1 cup

Substitution: 1 cup cracker crumbs or 1 cup ground oats

**Broth:** (Beef or Chicken)

Amount: 1 cup

Substitution: 1 bouillon cube plus 1 cup boiling water, or 1 tablespoon soy sauce plus enough water to make 1 cup or 1 cup vegetable broth

**Brown Sugar:**

Amount: 1 cup, packed

Substitution: 1 cup white sugar plus 1/4 cup molasses and decrease the liquid in recipe by 1/4 cup or 1 cup white sugar

**Butter:** (salted)

Amount: 1 cup

Substitution: 1 cup margarine OR 1 cup shortening plus 1/2 teaspoon salt or 7/8 cup vegetable oil plus 1/2 teaspoon salt

**Butter:** (unsalted)

Amount: 1 cup

Substitution: 1 cup shortening OR 7/8 cup vegetable oil

**Buttermilk:**

Amount: 1 cup

Substitution: 1 cup yogurt OR 1 tablespoon lemon juice or vinegar plus enough milk to make 1 cup

**Cheddar Cheese:**

Amount: 1 cup shredded

Substitution: 1 cup shredded Colby cheddar or 1 cup shredded Monterrey Jack cheese

**Chocolate:** (semisweet)

Amount: 1 ounce

Substitution: 1 (1-ounce) square of unsweetened chocolate plus 4 teaspoons sugar or 1-ounce semisweet chocolate chips plus 1 teaspoon shortening

**Chocolate:** (unsweetened)

Amount: 1 ounce

Substitution: 3 tablespoons unsweetened cocoa plus 1 tablespoon shortening or vegetable oil

**Cocoa:**

Amount: 1/4 cup

Substitution: 1 (1-ounce) square unsweetened chocolate

**Condensed Cream Soup:**

Amount: 1 (10.75-ounce) can

1 (10.75-ounce) can condensed cream of celery, mushroom, cream of chicken, golden mushroom soup

**Corn Syrup:**

Amount: 1 cup

Substitution: 1 1/4 cup white sugar plus 1/3 cup water or 1 cup honey

**Cottage Cheese:**

Amount: 1 cup

Substitution: 1 cup farmer's cheese or 1 cup ricotta cheese

**Cracker Crumbs:**

Amount: 1 cup

Substitution: 1 cup breadcrumbs or 1 cup ground oats

**Cream:** (half and half)

Amount: 1 cup

Substitution: 7/8 cup milk plus 1 tablespoon butter

**Cream:** (heavy)

Amount: 1 cup

Substitution: 1 cup evaporated milk or 3/4 cup milk plus 1/3 cup butter

**Cream:** (whipped)

Amount: 1 cup

Substitution: 1 cup frozen whipped topping, (Cool Whip) thawed

**Cream Cheese:**

Amount: 1 cup

Substitution: 1 cup pureed cottage cheese

**Cream of Tartar:**

Amount: 1 teaspoon

Substitution: 2 teaspoons lemon juice or vinegar

**Egg:**

Amount: 1 whole

Substitution: 2 1/2 tablespoons of powdered egg substitute plus 2 1/2 tablespoons water or 1/4 cup liquid egg substitute or 3 tablespoons mayonnaise or half a banana mashed with 1/2 teaspoon baking powder

**Evaporated Milk:**

Amount: 1 cup

Substitution: 1 cup light cream

**Oil in Baking:**

Amount: 1 cup

Substitution: 1 cup applesauce

**Flour: (Cake)**

Amount: 1 cup

Substitution:: 1 cup all-purpose flour minus 2 tablespoons sifted

**Flour: (Self-Rising)**

Amount: 1 cup

Substitution: 7/8 cup all-purpose flour plus 1 1/2 teaspoons baking powder and 1/2 teaspoon of salt

**Garlic:**

Amount: 1 clove

Substitution: 1/8 teaspoon garlic powder or 1/2 teaspoon garlic salt--reduce salt in recipe

**Ginger: (dry)**

Amount: 1 teaspoon

Substitution: 2 teaspoons chopped fresh ginger

**Ginger: (fresh)**

Amount: 1 teaspoon, minced

Substitution: 1/2 teaspoon ground dried ginger

**Green Onion:**

Amount: 1/2 cup, chopped

Substitution: 1/2 cup chopped onion

**Herbs: (fresh)**

Amount: 1 tablespoon chopped fresh

Substitution: 1 teaspoon (chopped or whole leaf) dried herbs

**Honey:**

Amount: 1 cup

Substitution: 1 1/4 cup white sugar plus 1/3 cup water or 1 cup corn syrup

**Hot Sauce:**

Amount: 1 teaspoon

Substitution: 3/4 teaspoon cayenne pepper plus 1 teaspoon vinegar

**Ketchup:**

Amount: 1 cup

Substitution: 1 cup tomato sauce plus 1 teaspoon vinegar plus 1 tablespoon sugar

**Lemon Juice:**

Amount: 1 teaspoon

Substitution: 1/2 teaspoon vinegar or 1 teaspoon lime juice

**Lemon Zest:**

Amount: 1 teaspoon

Substitution: 1/2 teaspoon lemon extract or 2 tablespoons lemon juice

**Lime Juice:**

Amount 1 teaspoon

Substitution: 1 teaspoon vinegar or 1 teaspoon lemon juice

**Lime Zest:**

Amount: 1 teaspoon

Substitution: 1 teaspoon lemon zest

**Macadamia, Hazelnuts or Almonds:**

Amount: 1 cup

Substitution: 1 cup almonds, hazelnuts, or macadamia nuts (they are interchangeable)

**Mace:**

Amount: 1 teaspoon

Substitution: 1 teaspoon nutmeg

**Margarine:**

Amount: 1 cup

Substitution: 1 cup shortening plus 1/2 teaspoon salt or 1 cup butter or 7/8 cup vegetable oil plus 1/2 teaspoon salt

**Mayonnaise:**

Amount: 1 cup

Substitution: 1 cup sour cream or 1 cup plain yogurt

**Milk:** (whole)

Amount: 1 cup

Substitution: 1 cup soy milk or 1 cup rice milk or 1 cup water or juice or 1/4 cup dry milk powder plus 1 cup water or 2/3 cup evaporated milk plus 1/3 cup water

**Molasses:**

Amount: 1 cup

Substitution: Mix 3/4 cup brown sugar and 1 teaspoon cream of tartar

**Mustard:** (prepared - liquid form)

Amount: 1 tablespoon

Substitution: Mix 1 tablespoon dried mustard (spice), 1 teaspoon water, 1 teaspoon vinegar and 1 teaspoon sugar

**Onion:**

Amount: 1 cup, chopped

Substitution: 1 cup chopped green onions or 1/4 cup dried minced onion or 1/4 cup onion powder

**Orange Juice:**

Amount: 1 tablespoon

Substitution: 1 tablespoon lemon, lime, or grapefruit juice

**Orange Zest:**

Amount: 1 tablespoon

Substitution: 1/2 teaspoon orange extract or 1 teaspoon lemon juice

**Parmesan Cheese:**

Amount: 1/2 cup, grated

Substitution: 1/2 cup grated Asiago cheese or 1/2 cup grated Romano cheese

**Parsley:**

Amount: 1 tablespoon chopped fresh

Substitution: 1 teaspoon dried parsley

**Raisins:**

Amount: 1 cup

Substitution: 1 cup dried currants or 1 cup dried cranberries or 1 cup chopped pitted prunes or 1 cup raisins

**Rice: (white)**

Amount: 1 cup, cooked

Substitution: 1 cup cooked barley or 1 cup cooked bulgur or 1 cup cooked brown or 1 cup wild rice

**Ricotta:**

Amount: 1 cup

Substitution: 1 cup dry cottage cheese

**Rum:**

Amount: 1 tablespoon

Substitution: 1/2 teaspoon rum extract, plus enough water to make 1 tablespoon

**Semisweet Chocolate Chips:**

Amount: 1 cup

Substitution: 1 cup chocolate candies (M&M's) or 1 cup peanut butter or other chips or 1 cup chopped nuts

**Shortening:**

Amount: 1 cup

Substitution: 1 cup butter or 1 cup margarine minus 1/2 teaspoon salt from recipe

**Soy Sauce:**

Amount: 1/2 cup

Substitution: 4 tablespoons Worcestershire sauce mixed with 1 tablespoon water

**Stock: (beef or chicken)**

Amount: 1 cup

Substitution: 1 cube beef or chicken bouillon dissolved in 1 cup water

**Sweetened Condensed Milk:**

Amount: 1 (14-ounce) can

Substitution: 3/4 cup white sugar mixed with 1/2 cup water and 1 1/8 cups dry powdered milk: Bring to a boil and cook, stirring frequently, until thickened, 15 minutes

**Vegetable Oil: (for baking)**

Amount: 1 cup

Substitution: 1 cup applesauce

**Vinegar:**

Amount: 1 teaspoon

Substitution: 1 teaspoon lemon or lime juice

**White Sugar:** (granulated)

Amount: 1 cup

Substitution: 1 cup brown sugar or 1 1/4 cups confectioners' sugar or 3/4 cup honey or 3/4 cup corn syrup

**Wine:**

Amount: 1 cup

Substitution: 1 cup chicken or beef broth or 1 cup fruit juice mixed with 2 teaspoons vinegar or 1 cup water

**Yogurt:**

Amount: 1 cup

Substitution: 1 cup sour cream or 1 cup buttermilk or 1 cup sour milk