

Ingredient Substitutions

Missing an ingredient? Use this ingredient substitutions list to see if you are able to substitute with another ingredient. Your final product may differ slightly, but the food will be acceptable in flavor, texture, and appearance.

Ingredient	Amount	Substitution
Allspice	1 teaspoon	1/2 teaspoon cinnamon, 1/4 teaspoon ginger, and 1/4 teaspoon cloves
Apple Pie Spice	1 teaspoon	1/2 teaspoon cinnamon, 1/4 teaspoon nutmeg and 1/4 teaspoon cardamom
Baking Powder	1 teaspoon	1/4 teaspoon baking soda plus 5/8 teaspoon cream of tartar
Breadcrumbs	1 cup	1 cup cracker crumbs OR 1 cup matzo meal OR 1 cup ground oats OR 1 cup panko
Barbeque Sauce	1 cup	3/4 cup ketchup, 2 tablespoons mustard and 2 tablespoons brown sugar
Brown Sugar	1 cup, packed	1 cup white sugar plus 1/4 cup molasses and decrease the liquid in recipe by 1/4 cup OR 1 cup white sugar OR 1 1/4 cups confectioners' sugar
Butter	1 cup	1 cup margarine OR 1 cup shortening plus 1/2 teaspoon salt OR 7/8 cup vegetable oil plus 1/2 teaspoon salt OR 7/8 cup lard plus 1/2 teaspoon salt (remove salt for unsalted butter)
Buttermilk	1 cup	1 cup yogurt OR 1 tablespoon lemon juice or vinegar plus enough milk to make 1 cup
Chocolate, unsweetened	1 ounce	3 tablespoons cocoa plus 1 tablespoon butter or regular margarine or vegetable oil
Cornstarch (for thickening)	1 tablespoon	2 tablespoons flour
Corn syrup	1 cup	1 1/4 cup white sugar plus 1/3 cup water OR 1 cup honey OR 1 cup light treacle syrup
Cream of Tartar	1 teaspoon	2 teaspoons lemon juice or vinegar
Egg	1 whole	-1/4 cup egg substitute; check label for specific directions -Reconstituted powdered eggs; follow package directions -2 tablespoons mayonnaise OR 1/2 banana mashed with 1/2 teaspoon baking powder (suitable for use in cake batter) -1/2 teaspoon baking powder plus 1 tablespoon vinegar plus 1 tablespoon liquid (for baking use only)
Evaporated milk	1 cup	1 cup light cream
Flour, bread	1 cup	1 cup all-purpose flour plus 1 teaspoon wheat gluten
Flour, cake	1 cup	1 cup all-purpose flour minus 2 tablespoons
Flour, self-rising	1 cup	1 cup minus 2 teaspoons all-purpose flour plus 1 1/2 teaspoons baking powder and 1/2 teaspoon salt
Garlic	1 small clove	1/8 teaspoon garlic powder
Green onion	1/2 cup, chopped	1/2 cup chopped onion OR 1/2 cup chopped leek OR 1/2 cup chopped shallots
Herbs, fresh	1 tablespoon, chopped fresh	1 teaspoon (chopped or whole leaf) dried herbs

Ingredient	Amount	Substitution
Honey	1 cup	1 1/4 cup white sugar plus 1/3 cup water OR 1 cup corn syrup OR 1 cup light treacle syrup
Hot Sauce	1 teaspoon	3/4 teaspoon cayenne pepper plus 1 teaspoon vinegar
Ketchup (for cooking)	1 cup	1 cup tomato sauce, 1/2 cup sugar, and 2 tablespoons vinegar
Lemon Juice	1 teaspoon	1/2 teaspoon vinegar OR 1 teaspoon white wine OR 1 teaspoon lime juice
Lemon Zest	1 teaspoon	1/2 teaspoon lemon extract
Mayonnaise (for dressings)	1 cup	1 cup sour cream OR 1 cup yogurt OR 1 cup cottage cheese pureed in a blender
Molasses	1 cup	Mix 3/4 cup brown sugar and 1 teaspoon cream of tartar
Mustard, prepared	1 tablespoon	Mix 1 tablespoon dried mustard, 1 teaspoon water, 1 teaspoon vinegar and 1 teaspoon sugar
Onion	1 small or 1/4 cup chopped	1/2 tablespoon onion powder OR 1/2 tablespoon minced dried onion
Pumpkin pie spice	1 teaspoon	1/2 teaspoon cinnamon plus 1/4 ground teaspoon ginger plus 1/8 teaspoon ground allspice plus 1/8 teaspoon ground nutmeg
Raisins	1 cup	1 cup dried currants OR 1 cup dried cranberries OR 1 cup chopped pitted prunes
Rice	1 cup, cooked	1 cup cooked barley OR 1 cup cooked bulgur OR 1 cup cooked brown or wild rice. Most rice products will substitute for each other on a fairly equal basis in recipes, but the cooking time and amount of liquid will vary
Ricotta	1 cup	1 cup dry cottage cheese OR 1 cup silken tofu
Sugar, Confectioners' or Powdered	1 cup	1 cup granulated sugar plus 1 tablespoon cornstarch; process in a food processor using the metal blade attachment until it's well blended and powdery.
Sour Cream	1 cup	1 cup plain yogurt OR 1 tablespoon lemon juice or vinegar plus enough cream to make 1 cup OR 3/4 cup buttermilk mixed with 1/3 cup butter
Soy Sauce	1/2 cup	1/4 cup Worcestershire sauce mixed with 1 tablespoon water
Sweetened condensed milk	1 (14 oz) can	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, about 20 minutes
Vinegar	1 teaspoon	1 teaspoon lemon or lime juice OR 2 teaspoons white wine
Sugar, white	1 cup	1 cup brown sugar OR 1 1/4 cups confectioners' sugar OR 3/4 cup honey OR 3/4 cup corn syrup
Wine	1 cup	1 cup cooking sherry OR 1 cup chicken or beef broth OR 1 cup fruit juice mixed with 2 teaspoons vinegar OR 1 cup water
Yeast (active dry)	1 (0.25 oz) package	1 cake compressed yeast OR 2 1/2 teaspoons active dry yeast OR 2 1/2 teaspoons rapid rise yeast
Yogurt	1 cup	1 cup sour cream OR 1 cup buttermilk OR 1 cup sour milk

Adapted from UNL Food