

Syrup and Sugar Facts

In spite of their difference in weight, you can substitute brown sugar for granulated white on a 1 to 1 basis, and the most significant difference will be taste.

Substitute white sugar for brown sugar on a 1 to 1 basis, but add 4 tablespoons of molasses per cup, and decrease the total amount of liquid in the recipe by 3 tablespoons.

To use honey in place of sugar, use $\frac{7}{8}$ cup for every cup of sugar, and reduce the liquid in the recipe by 3 tablespoons.

To use sugar in place of honey, use $1\frac{1}{4}$ cups of sugar plus $\frac{1}{4}$ cup more liquid.

To use maple syrup in place of sugar in cooking, use $\frac{3}{4}$ cup for every 1 cup of sugar.

To use maple syrup in place of a cup of sugar in baking, use $\frac{3}{4}$ cup, but decrease the total amount of liquid in the recipe by about 3 tablespoons for each cup of syrup you use.

To use sugar in place of a cup of maple syrup, use $1\frac{1}{4}$ cups of sugar plus $\frac{1}{4}$ cup more liquid.

Finally, granulated sugar has 46 calories per tablespoon, brown sugar has 50, maple syrup has 53, and honey tops them all with 64.