

# QUICK INGREDIENT SUBSTITUTIONS

	DON'T HAVE	USE THIS	
	1 teaspoon baking powder	1/4 teaspoon baking soda + 5/8 teaspoon cream of tartar	
	1/4 cup bread crumbs	1 slice bread	
	1 tablespoon cornstarch	2 tablespoons flour	
	1 cup self-rising flour	1 cup all-purpose flour + 1 1/2 teaspoons baking powder + 1/4 teaspoon salt	
	1 fresh garlic clove	1/8 teaspoon garlic powder	
	1 tablespoon, fresh herbs diced	1/2 teaspoon ground, dried herbs	
	1 cup mayonnaise	1 cup sour cream OR 1 cup yogurt OR 1 cup cottage cheese that is pureed in a blender	
	1 cup skim milk	1/3 dried/powdered milk + water to make 1 cup	
	1 cup whole milk	1/2 cup evaporated milk + 1/2 cup water	
	1 small or 1/4 cup chopped onion	1 tablespoon minced onion OR 1 1/2 teaspoons onion powder	
	1/2 cup, packed brown sugar	2 tablespoons molasses + 1/2 cup granulated (white) sugar	
	1 cup powdered sugar	1 cup granulated (white) sugar + 1 teaspoon cornstarch**	
	1 cup vegetable oil	1 cup unsweetened applesauce or other pureed fruit ***	
	1 cup butter	1 cup regular margarine * OR 1 cup vegetable shortening (for baking) OR Equal amount of oil if the recipe uses melted butter	
	1 cup buttermilk	1 cup yogurt OR 1 tablespoon of vinegar OR lemon juice plus enough milk to make 1 cup. Let stand for 5 minutes before using	
	1 whole egg	1/4 cup egg substitute OR 2 tablespoons mayonnaise (for cakes) OR 1/2 teaspoon baking powder + 1 tablespoon vinegar + 1 tablespoon liquid (only for baking)	

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## References

Ingredient Substitutions, University of Nebraska-Lincoln. <https://food.unl.edu/ingredient-substitutions>

Ingredient Substitutions, Colorado State University.

<https://extension.colostate.edu/topic-areas/nutrition-food-safety-health/ingredient-substitutions-9-329/>

Rombauer and Becker, The Joy of Cooking

Compiled by Jenna Anding, PhD, RDN, LD, Professor and Extension Specialist, March 2020.

\* Regular margarine has 100 calories per teaspoon; if you use low-fat, fat-free, reduced-calorie, or vegetable oil spreads, the final product will likely be a lower quality

\*\* Process the ingredients in a food processor until the ingredients are blended and powdery.

\*\*\*May need to adjust the amount of sugar in the recipe. If you are short the full amount of vegetable oil needed for a baked good, you can substitute the amount of applesauce or other pureed fruit to make the amount needed.