



BAKING PAN

Substitution Guide

Use this quick reference guide to create any cake, loaf, cupcake, or muffin form of your choice.

Conversion Tips



The larger the pan, the flatter the cake or loaf will be. It will also cook faster. Smaller pans create taller baked goods. They will need longer cook time. Muffins will need less time. Adjust your cooking times as needed and frequently check for doneness.



Measure the width, length and depth of a pan on the INSIDE.



To find volume, fill the pan with water from a measuring cup until it reaches the top.



Glass pans cook faster. If you are using glass, decrease your oven temp by 24°F (14°C). Check for doneness about 10 minutes earlier than the recipe calls for.



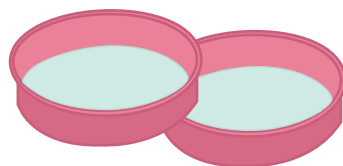
Fill your pans with batter until they are about one-half to two-thirds full. If you are worried that a pan will overflow, place a baking sheet under it to catch any drips.

RECIPE CALLS FOR

VOLUME:

EQUIVALENT:

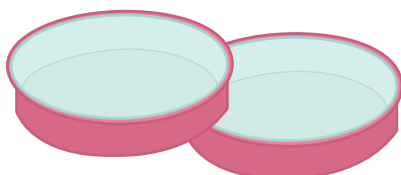
Two 8-in. Round Pans



8 cups (2 L)

- one 8-in. square pan
- one 9 x 5-in. loaf pan
- one 8-in. tube pan
- one 8-in. springform pan
- one 9-in. bundt pan
- 12 to 16 muffins (1/2-2/3c)

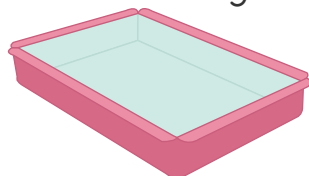
Two 9 x 1 1/2-in. Round Pans



12 cups (3 L)

- one 10-in. square pan
- two 8 x 4-in. loaf pans
- one 9-in. tube pan
- one 10-in. springform pan
- one 10-in. bundt pan
- 18 to 24 muffins (1/2-2/3c)

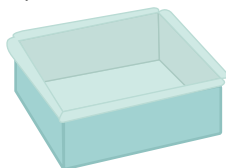
13 x 9-in. Rectangle Pan



14 cups (3.5 L)

- two 8-in. square pans
- two 9 x 2-in. round pans
- two 8-in. springform pans
- two 9 x 5-in. loaf pans
- one 10-in. tube pan
- 21 to 28 muffins (1/2-2/3c)

8-in. Square Pan



8 cups (2 L)

- two 8-in. round pans
- one 8-in. tube pan
- one 8-in. springform pan
- one 9 x 5-in. loaf pans
- one 9-in. bundt pan
- 12 to 16 muffins (1/2-2/3c)

9 x 5-in. Loaf Pan



8 cups (2 L)

- two 8-in. round pans
- one 8-in. square pan
- one 8-in. springform pan
- one 8 in. tube pan
- one 9-in. bundt pan
- 12 to 16 muffins (1/2-2/3c)

12 cup Muffin Pan



6 cups (1.5 L)
1/2 cup per muffin

- one 9 x 1 1/2-in. round pan
- one 8 x 4-in. loaf pan
- one 7-in. springform pan
- one 7-in. bundt pan

10-in Bundt Pan



12 cups (3 L)

- two 9 x 1 1/2-in. round pans
- one 10-in. square pan
- one 10-in. springform pan
- two 8 x 4-in. loaf pans
- a 17.5 x 12.5-in. jelly roll pan
- 18 to 24 muffins (1/2-2/3c)



Kitchen Conversions

Measurement Guide



Spoons & Cups

tsp	tbsp	fl oz	cup	pint	quart	gallon
3	1	1/2	1/16	1/32	--	--
6	2	1	1/8	1/16	1/32	--
12	4	2	1/4	1/8	1/16	--
18	6	3	3/8	--	--	--
24	8	4	1/2	1/4	1/8	1/32
36	12	6	3/4	--	--	--
48	16	8	1	1/2	1/4	1/16
96	32	16	2	1	1/2	1/8
--	64	32	4	2	1	1/4
--	256	128	16	8	4	1

GRAMS

(rounded to the nearest equivalent)

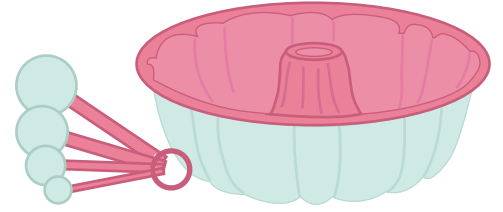
oz	g	lb
2	58	--
4	114	--
6	170	--
8	226	1/2
12	340	--

MILLILITERS

(rounded to the nearest equivalent)

tsp	ML	oz	ML	cup	ML
1/2	2.5	2	60	1/4	60
1	5	4	115	1/2	120
		6	150	2/3	160
tbsp	ML	8	230	3/4	180
1	15	10	285	1	240
		12	340		

Oven Temperatures Kitchen Guide



Fahrenheit (F)

Celsius (C)

Gas #

Oven Terms

225° F

110° C

1/4

very cool

250° F

130° C

1/2

very slow

275° F

140° C

1

very slow

300° F

150° C

2

slow

325° F

165° C

3

slow

350° F

177° C

4

moderate

375° F

190° C

5

moderate

400° F

200° C

6

moderately hot

425° F

220° C

7

hot

450° F

230° C

8

hot

475° F

245° C

9

hot

500° F

260° C

10

extremely hot

550° F

290° C

10

broiling

NOTES:



SUGAR CONVERSION

Replacement Chart

Remember: Not all sweeteners work in all recipes. Check the recipe for the best recommendations.

SUGAR	1 Tbsp	1/4 cup	1/3 cup	1/2 cup	2/3 cup	1 cup
ERYTHROIL	1 Tbsp + 1 tsp	1/3 cup	1/3 cup + 2 Tbs	2/3 cup + 1 tsp	2/3 cup + 4 Tbs	1 1/3 cup
ERYTHROIL (powdered)	1 Tbsp + 1 tsp	1/3 cup	1/3 cup + 2 Tbs	2/3 cup + 1 tsp	2/3 cup + 4 Tbs	1 1/3 cup
XYLITOL	1 Tbsp	1/4 cup	1/3 cup	1/2 cup	2/3 cup	1 cup
MONK FRUIT	1 Tbsp	1/4 cup	1/3 cup	1/2 cup	2/3 cup	1 cup
SO NOURISHED (powdered)	1 Tbsp	1/4 cup	1/3 cup	1/2 cup	2/3 cup	1 cup
ALLULOSE	1 Tbsp	1/4 cup	1/3 cup	1/2 cup	2/3 cup	1 cup
TRUVIA SPOONABLE	1 1/4 tsp	1 Tbsp + 2 tsp	2 Tbsp + 1 tsp	1/4 cup	1/4 cup + 2 tsp	1/2 cup
SYRKIN : 1	1 Tbsp	1/4 cup	1/3 cup	1/2 cup	2/3 cup	1 cup
LAKANO GOLDEN	1 Tbsp	1/4 cup	1/3 cup	1/2 cup	2/3 cup	1 cup
SWERVE	1 Tbsp	1/4 cup	1/3 cup	1/2 cup	2/3 cup	1 cup
STEVIA EXTRACT (NU NATURALS)	-	3/16 tsp	1/4 tsp	3/8 tsp	1/2 tsp	3/4 tsp
LIQUID STEVIA (SWEET LEAF)	1/8 tsp	1/2 tsp	2/3 tsp	1 tsp	1 tsp + 1/3 tsp	2 tsp
LIQUID STEVIA (NU NATURALS)	3/8 tsp	1 1/2 tsp	2 tsp	3 tsp	1 Tbsp + 1 tsp	2 Tbsp
PYURE BLEND	1 1/2 tsp	2 Tbsp	2 Tbsp + 2 tsp	1/4 cup	1/4 cup + 1 Tbsp	1/2 cup

NOTES:

