



## Gluten-Free Flour Volume-Weight Conversions

| flour                  | properties                                                                                                      | 1 cup weight (grams) |
|------------------------|-----------------------------------------------------------------------------------------------------------------|----------------------|
| Almond flour           | High in protein, nutty flavour                                                                                  | 112                  |
| Amaranth flour         | Nutty flavour, creates nice crust, denser than some other gf flours                                             | 120                  |
| Arrowroot              | Starch in combo with heavier flours, sub for cornstarch and good thickener for foods that will be frozen/thawed | 128                  |
| Brown rice flour       | Nutty flavour, high in fiber, vitamins, minerals                                                                | 158                  |
| Buckwheat flour        | Earthy flavour, high in fiber and minerals                                                                      | 120                  |
| Chestnut flour         | High in complex carbs + protein, has many properties of grains                                                  | 100                  |
| Coconut flour          | Very high in fiber, sweet, adds moisture to baked goods, dense                                                  | 112                  |
| Corn flour/Masa Harina | Finer blend than cornmeal, whole grain                                                                          | 112                  |
| Cornmeal (medium)      | Good for muffins, coarser baked goods                                                                           | 128                  |
| Cornstarch             | Starch in combo with heavier flours, sub for cornstarch and good thickener, also makes crisp coating            | 128                  |
| Fava Bean flour        | High protein flour, less bitter than garbanzo                                                                   | 132                  |
| Garbanzo (chickpea)    | High protein flour, good in baked goods                                                                         | 120                  |
| Garfava flour          | High protein flour, slight bean flavour, good in combo                                                          | 120                  |
| Millet                 | Sweet tasting flour, nutritious, easy to digest                                                                 | 120                  |
| Oat flour              | Nutritious flour, good in baked goods                                                                           | 120                  |
| Split pea flour        | Powdery texture, slightly sweet taste,                                                                          | 160                  |
| Potato flour           | Adds moisture and shelf-life to baked goods                                                                     | 180                  |
| Potato starch          | Good thickener, replacement for cornstarch                                                                      | 170                  |
| Quinoa flour           | Slightly nutty flour, very high in complete protein, adds moisture to baked goods                               | 112                  |
| Romano bean            | High protein flour, somewhat beany flavour, adds fiber                                                          | 128                  |
| Soy flour              | High protein flour, can be somewhat dense                                                                       | 112                  |
| Sorghum flour          | Sweet tasting flour, slightly grainy flavour                                                                    | 127                  |
| Sweet potato           | Good thickener, sweet flavour, stiff texture                                                                    | 180                  |
| Sweet rice             | Good thickener, especially where separation is a concern                                                        | 204                  |
| Tapioca starch         | Starch added to flour mixtures, adds chewy texture to baked goods, good thickener                               | 125                  |
| Teff flour             | Slightly sweet, nutty flavour, molasses flavour ( brands vary )                                                 | 120                  |
| White rice             | Bland flour, used in combination with others                                                                    | 158                  |