



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 | 192 |
| 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 | 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 | 120 |
| Teff flour | Slightly sweet, nutty flavour, molasses flavour | 120 |
| White rice | Bland flour, used in combination with others | 158 |