

Useful Conversions

16 Tbsps = 1 cup

48 tsps = 1 cup

2 Tbsps or 6 tsps = 1 ounce

1 ounce = 28.35 grams

Garlic

Small head = 12 cloves and a small clove = 1/2 Tsp minced

Medium head = 16 cloves and a medium clove = 1 Tsp minced

Large head = 20 cloves and a large clove = 1 & 1/2 Tsps minced

Onions

Small onion = 4 to 7 ounces

Medium onion = 8 to 11 ounces

Large onion = 12 to 16 ounces

1 inch square of ginger = 2 Tbsps of grated ginger or ginger paste

2T gluten flour replaces 1 egg

1 cup dry legumes = 2 to 2.5 cups cooked

1g of carbohydrate or protein is 4 calories

1g of fat is 9 calories