



Guide to replacing sugar with maple syrup or maple sugar



Do you want to replace white sugar with maple sugar or maple syrup in your baking recipes? We have put together a conversion table that you can easily use.

Conversion table for replacing sugar with maple sugar or maple syrup and carbohydrate content

Measurements in grams, metric and imperial for sugar	Replacement with maple sugar (measurement given in grams)	Replacement with maple syrup (measurement given in grams)
220 g 250 ml (1 cup) (220 g sugars)	170 g (160 g sugars)	240 g (160 g sugars)
165 g 185 ml (3/4 cup) (165 g sugars)	125 g (120 g sugars)	180 g (120 g sugars)
145 g 165 ml (2/3 cup) (145 g sugars)	115 g (110 g sugars)	160 g (107 g sugars)
110 g 125 ml (1/2 cup) (110 g sugars)	85 g (80 g sugars)	120 g (80 g sugars)
75 g 85 ml (1/3 cup) (75 g sugars)	60 g (57 g sugars)	80 g (54 g sugars)
55 g 65 ml (1/4 cup) (160 g sugars)	40 g (38 g sugars)	60 g (40 g sugars)

When developing these conversions, one of our goals was to successfully replace the sugar with maple syrup without affecting the amount of liquid in the recipe. Indeed, in several conversion tables, we try to get the same carbohydrate content with the syrup as that given by the sugar. This brings to the recipe a quantity of syrup which, since it is liquid, must in return, be balanced by a decrease in liquids.

We wanted to eliminate this drawback so as not to have to make calculations on the liquids of the recipe, firstly in order to simplify your life and, secondly, to allow you to succeed in your recipes while adapting to a slightly less sweet taste. The carbohydrate content will be lower. A little bonus for health!

As baking remains a “food chemistry” and certain principles must be respected, you observe that the conversion into maple sugar or maple syrup is given in grams. This gives the substitution and the right dosage since precision with measuring cups is never as exact as relying on weight.

For maple sugar, its density can vary depending on its particle size, hence the importance of using the measurement in grams. As for maple syrup, its density changes if refrigerated or at room temperature. The measurement in grams is more precise.

SOURCE : Cuisine l'Angélique