



When Lean and Luscious recipes utilize various sugars (white, brown, confectioner's, honey, molasses, maple syrup, etc.), this chart provides an easy to use guide to measure sugar grams. Please note:

3 tsp. = 1 T. 1/4 cup = 4 T. 1/3 cup = 5.333 T. 1/2 cup = 8 T. 1 cup = 16 T.

Recipe Ingredient	Amount	Grams of Sugar	Recipe ÷ 4	Recipe ÷ 6
White Sugar	1 teaspoon	4.1	1	.6
	1 tablespoon	12	3.0	2.0
	1/4 cup	50	12	8.0
	1/3 cup	71	18	12
	1/2 cup	100	25	17
	1 cup	201	50	24
Confectioner's Sugar	1 teaspoon	2.5	0.625	0.416
	1 tablespoon	7.5	1.875	1.25
	1/4 cup	30	7.5	5.0
	1/3 cup	40	10	6.66
	1/2 cup	60	15	10
	1 cup	120	30	20
Brown Sugar	1 teaspoon	4.0	1.0	.6
	1 tablespoon	13	3.3	2.2
	1/4 cup	54	135	90
	1/3 cup	71	18	12
	1/2 cup	107	27	18
	1 cup	214	53.5	35.6
Honey	1 teaspoon	5.3	1.3	0.88
	1 tablespoon	16	4.0	2.6
	1/4 cup	64	16	10.6
	1/3 cup	85.3	21.3	14.2
	1/2 cup	128	32	21.3
	1 cup	256	64	42.6
Molasses	1 teaspoon	5.0	1.25	0.833
	1 tablespoon	15	3.75	2.5
	1/4 cup	60	15	10.0
	1/3 cup	80	20	13
	1/2 cup	120	30	20
	1 cup	240	60	40
Currant Jelly	1 teaspoon	4	1.0	0.666
	1 tablespoon	12	3.0	2.0
	1/4 cup	48	12	8.0
	1/3 cup	64	16	10.6
	1/2 cup	96	24	16
	1 cup	192	48	32
Reduced Calorie Jam Or Jelly	1 teaspoon	2.0	0.5	0.333
	1 tablespoon	6.0	1.5	1.0
	1/4 cup	24	6.0	4.0
	1/3 cup	32	8.0	5.33
	1/2 cup	48	12	8.0
	1 cup	96	24	16
Maple Syrup	1 teaspoon	4.0	1.0	0.6
	1 tablespoon	12	3.0	2.0
	1/4 cup	48	12	8.0
	1/3 cup	64	16	10.6
	1/2 cup	96	24	16
	1 cup	192	48	32