

GLUTEN-FREE CONVERSION CHART

AMOUNT OF WHEAT FLOUR IN RECIPE	RICE FLOUR	POTATO STARCH	TAPIOCA STARCH	XANTHAM GUM
1/2 C	1/3 C	2 TBSP	1 TBSP	1/4 TSP
1 C	1/2 C	3 TBSP	1 TBSP	1/2 TSP
1-1/4 C	3/4 C	1/3 C	3 TBSP	2/3 TSP
1-1/2 C	1 C	5 TBSP	3 TBSP	3/4 TSP
1-3/4 C	1-1/4 C	5 TBSP	3 TBSP	1 TSP
2 C	1-1/2 C	1/3 C	1/3 C	1 TSP
2-1/2 C	1-1/2 C	1/2 C	1/4 C	1-1/8 TSP
2-3/4 C	2 C	1/2 C	1/4 C	1-1/4 TSP
3 C	2 C	2/3 C	1/3 C	1-1/2 TSP

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