



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