

Gluten-Free Flour

{Conversion} = {Chart}

Wheat Flour Amt.	Rice Flour	Potato Starch	Tapioca Starch	Xanthan Gum
1/2 cup	1/3 cup	2 tbsp	1 tbsp	1/4 tsp
1 cup	1/2 cup	3 tbsp	1 tbsp	1/2 tsp
1 1/4 cup	3/4 cup	1/3 cup	3 tbsp	2/3 tsp
1 1/2 cup	1 cup	5 tbsp	3 tbsp	3/4 tsp
1 3/4 cup	1 1/4 cup	5 tbsp	3 tbsp	1 tsp
2 cups	1 1/2 cup	1/3 cup	1/3 cup	1 tsp
2 1/2 cups	1 1/2 cup	1/2 cup	1/4 cup	1 1/8 tsp
2 3/4 cups	2 cups	1/2 cup	1/4 cup	1 1/4 tsp
3 cups	2 cups	2/3 cup	1/3 cup	1 1/2 tsp