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Using and Storing Sweeteners
Michigan State University Cooperative Extension Service
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SWEETENERS

Sweeteners may be solid or liquid. They cannot be interchanged without recipe adjustment.

How to Store Sweeteners

Sugars-Keep tightly covered in a cool, dry place. Brown sugar may harden over time. To soften, use a shallow pan in the oven at 250°F. until just pliable. Also may be softened on low heat in a microwave oven. Lumpy powdered sugar may be sifted.

Honey and Corn Syrup-Store tightly covered at room temperature in a dry place. If crystals form, place bottle in a bowl of warm (not hot) water to melt crystals.

Maple Syrup—Store unopened containers at room temperature. Opened containers must be stored in the refrigerator to inhibit mold growth.

Canning Maple Syrup—Pour the syrup into a deep enameled, stainless or Pyrex kettle. Bring it quickly to a boil. Remove from heat. Immediately skim surface clean. Pour boiling hot syrup into hot, sterilized pint jars, leaving ½ inch head space. Adjust lids. Process 10 minutes in a boiling water bath. Remove jars and let cool.

Types of Sweeteners

Granulated Sugar—White refined sugar from cane or sugar beets.

Raw Sugar-Unrefined sugar, which may contain extraneous material such as dirt or other impurities.

Turbinado Sugar—Sugar that has been sanitized by steaming, but is not as completely refined as granulated white sugar.

Confectioner's or Powdered Sugar—Granulated sugar that has been finely crushed.

Brown Sugar—Sugar crystals contained in a molasses syrup. Some refiners make brown sugar by simply adding syrup to refined white sugar.

Fructose-Also known as "fruit sugar" since it occurs naturally in many fruits. Sweeter than regular table sugar.

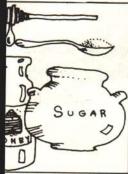
Corn Syrup—Sweetener derived from corn. Widely used in commercially processed foods.

Honey—Liquid sweetener produced by bees. Its composition and flavor depend on the source of the plant nectar.

Maple Syrup—Derived from maple

Molasses—By-product of sugar refining process.

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Nutrition

Sugars and sweeteners offer little nutritionally except for calories. Honey and molasses contain small quantities of vitamins and minerals; however, amounts are insignificant since only small portions are consumed.

- 1 teaspoon sugar = 16 calories
- 1 teaspoon brown sugar = 17 calories
- 1 teaspoon honey = 20 calories
- 1 teaspoon corn syrup = 19 calories

Special Tips

- To make your own pancake syrup, combine 2 cups of brown sugar with 1-1/2 cups of water. Bring to a boil, then simmer for 3 minutes. Add ½ teaspoon of vanilla.
- If a recipe calls for white or brown sugar, do not substitute more than half the sugar called for with liquid sweeteners, such as honey or corn syrup.
- Do not substitute powdered sugar for granulated sugar in baking.

Prepared by Patricia Lamison, Ingham County Extension Home Economist, and Virginia Messina, Extension Food and Nutrition Specialist, MSU.

Sweetener Substitutions

For 1 cup of white granulated sugar, you may substitute:

- 1 cup firmly packed brown sugar
- 1 cup corn syrup (omit 1/4 cup of liquid in recipe)
- 1 cup honey (omit 1/4 cup of liquid in recipe)
- 2/3 cup fructose

Artificial Sweeteners

Artificial sweeteners such as saccharin or aspartame have different cooking properties than regular sugars and cannot be substituted on a equal weight basis in recipes. Use only recipes specially developed for these sweeteners.

Sweetener Equivalents

- 1 pound granulated sugar = 2 cups
- 1 pound confectioners sugar = 3-1/2 to 4 cups
- 1 pound brown sugar = 2-1/4 cups packed

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