

Sweetener Conversion Chart by LOW CARBYUM

Sugar	1 tsp	1 Tbsp	1/4 cup	1/3 cup	1/2 cup	1 cup
So Nourished Erythritol	1 1/4 tsp (4g)	1 Tbsp + 1 tsp	1/3 cup	1/3 cup + 2 Tbsp	2/3 cup	1 1/3 cup
Better Stevia Power	1/32 tsp (0.045g)	1/16 + 1/32 tsp	3/8 tsp	1/2 tsp	3/4 tsp	1 1/2 tsp
SweetLeaf Stevia Drops	5 drops (0.2g)	15 drops	1/2 tsp	2/3 tsp	1 tsp	2 tsp
Lakanto 50% Monk Fruit Extract	1/64 tsp (0.050g)	1/32 + 1/64 tsp	1/8 + 1/16 tsp	1/4 tsp	1/4 + 1/8 tsp	3/4 tsp
Lakanto 30% Monk Fruit Extract	1/32 tsp (0.1g)	1/16 + 1/32 tsp	3/8 tsp	1/2 tsp	3/4 tsp	1 1/2 tsp
Lakanto Liquid Monk Fruit Extract	4 drops (0.2g)	12 drops	3/8 tsp	1/2 tsp	3/4 tsp	1 1/2 tsp
NuNaturals Monk Fruit (liquid)	8 drops (0.2g)	24 drops	3/4 tsp	1 tsp	1 1/2 tsp	3 tsp
Lakanto Classic	1 tsp (4g)	1 Tbsp	1/4 cup	1/3 cup	1/2 cup	1 cup
Pyure All Purpose	1/2 tsp (2g)	1 1/2 tsp	2 Tbsp	2 Tbsp + 2 tsp	1/4 cup	1/2 cup
Truvia Spoonable	3/4 tsp (3.5g)	1 1/4 tsp	1 Tbsp + 2 tsp	2 Tbsp + 1 tsp	3 1/2 Tbsp	1/3 cup + 1 1/2 Tbsp
Keystone Allulose	1 1/4 tsp (5g)	1 Tbsp + 1 tsp	1/3 cup	1/3 cup + 2 Tbsp	2/3 cup	1 1/3 cup
Micro Ingredients Inulin Powder	1 Tbsp (8.4 g)	3 Tbsp	3/4 cup	1 cup	1 1/2	3 cups
Zint Xylitol	1 tsp	1 Tbsp	1/4 cup	1/3 cup	1/2 cup	1 cup

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	(4g)					
NuNaturals Tagatose	1 tsp (4g)	1 Tbsp	$\frac{1}{4}$ cup	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup	1 cup
BochaSweet Kabocha Extract	1 tsp (4g)	1 Tbsp	$\frac{1}{4}$ cup	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup	1 cup

NOTE:

Conversion may vary by brand so check the single serving amount which is typically equivalent to the sweetness of 1 tsp sugar and adjust accordingly.

Learn more about [low carb sweeteners](https://www.LowCarbYum.com/low-carb-sweeteners) at [LowCarbYum.com](https://www.LowCarbYum.com).