

The Healthy Indulgences Blog Sugar-free Baking Tips Sheet

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Sweetener	Carbohydrate Count	Amount	What It Is	Usage
White Sugar	<u>200 g carbs</u> , 774 calories per cup	1 cup	Cane or beet sugar	Not suitable for low carbohydrate baking.
Stevia (pure white powder)	Trace calories and carbs per teaspoon	1 tsp*	A pure plant extract	*For best results, use in combination with sugar-free sweeteners. Use in small amounts (1/32-1/16 tsp or less) by itself to sweeten single servings of uncooked treats. Cannot be used alone for baking. Tastes best when combined with erythritol and/or xylitol. Select a good-tasting brand (like NuNaturals) to avoid any bitter aftertaste.
Erythritol	<u>10 g carbs</u> , 40 calories per cup	1 1/3 of a cup**	A sugar alcohol fermented from plants or sugar	**Not recommended for use by itself. Use in combination with stevia or Splenda for best results. Good for cakes, cupcakes, puddings, and other treats with a moist or wet consistency. Use sparingly in cookies, frostings, and other recipes containing a lot of fat and little moisture. Grind into a powder for use in recipes with little moisture.
Xylitol	<u>96 g carbs</u> , 460.8 calories per cup	1 cup**	Sugar alcohol fermented from plants	**Not recommended for use by itself. Use cautiously, per your digestive tolerance of it. Combine a small amount (1 tsp – 2 T) w/erythritol to offset “cooling.” Good for cakes, cupcakes, puddings, and other treats with a moist or wet consistency. Use sparingly in cookies, frosting, and other recipes containing a lot of fat and little moisture. Grind into a powder for use in recipes with little moisture.
Splenda	<u>24 g carbs</u> , 96 calories per cup	1 cup	Artificial sweetener made through chemical alteration	Can use cup for cup like sugar, but tastes best with other sweeteners, to avoid an aftertaste. Not recommended for sweetening chocolate.
Truvia	<u>10 g carbs</u> , 40 calories per cup	3/4 cup	A derivative of stevia + erythritol	Performs like a sweetened erythritol. Has a bitter aftertaste if used in excess. Most expensive (\$\$) option.