



Frostings and Fillings Worksheet

List all ingredients and weight in grams

Conversion to grams from cups or tablespoons can be found at kingarthurbaking.com/learn/ingredient-weight-chart

Ingredients	Weight in Grams
Line 1: Total weight	
Line 2: Weight of sugar <i>(from above)</i>	
Line 3: Weight of sugar <i>(in Line 2)</i> divided by Total weight <i>(in Line 1)</i>	
Line 4: Multiply Line 3 by 100 for the % of sugar	%

Is Line 4 higher than 65%? YES or No

If Yes, this recipe is considered safe to be stored at room temperature.

Common Frosting and Filling Ingredients

Ingredient	Household Measure	Grams
Brown sugar	1 cup	213
Butter or margarine	8 tablespoons (½ cup)	113
Coconut cream	1 cup	284
Corn syrup	1 cup	312
Cream, milk, half and half	1 cup	227
Espresso powder	1 tablespoon	7
Evaporated milk	½ cup	113
Granulated sugar	1 cup	198
Lemon juice, lime juice, orange juice	1 tablespoon	14
Peanut butter	½ cup	135
Powdered sugar	2 cups	227
Semi-sweet chocolate chips	1 cup	170
Unsweetend chocolate bars	2 pieces	14
Unsweetend cocoa powder	½ cup	42
Vanilla extract or other flavored extract	1 tablespoon	14
Vegetable shortening	¼ cup	46
Water	1 cup	227

More ingredients can be found at kingarthurbaking.com/learn/ingredient-weight-chart

More information and resources are available in “Food Safety of Frosting and Fillings,” available at <https://bookstore.ksre.ksu.edu/pubs/MF3544.pdf>



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