

Keto Sweetener Conversion Chart

myketokitchen.com — How much to use & when to use it

CONVERSION — How much to use instead of sugar

If recipe calls for →	1 cup sugar	½ cup sugar	¼ cup sugar	1 tbsp sugar	1 tsp sugar
Erythritol (pure)	1¼ cups	■ cup	5 tbsp	1¼ tbsp	1¼ tsp
Allulose (pure)	1¼ cups	■ cup	5 tbsp	1¼ tbsp	1¼ tsp
Swerve / Natvia / Lakanto	1 cup	½ cup	¼ cup	1 tbsp	1 tsp
Monk Fruit + Erythritol	1 cup	½ cup	¼ cup	1 tbsp	1 tsp
Stevia pure powder *	¼ tsp	■ tsp	pinch	tiny pinch	tiny pinch
Liquid stevia drops *	1 tsp	½ tsp	¼ tsp	few drops	1–2 drops
Xylitol	1 cup	½ cup	¼ cup	1 tbsp	1 tsp

PROPERTIES — Glycemic index, sweetness, calories & best uses

Sweetener	GI	Sweetness	Cal/tsp	Best For	Avoid For	Keto?
Allulose	0	70%	~0.4	Moist cakes, cookies, ice cream, caramel, sauces	High heat above 375°F — browns fast	YES
Erythritol (pure)	0	70%	~0.4	Cookies, crackers, crumbles — crunchy textures	Soft/moist baked goods, frostings	YES
Swerve	0	= sugar	~0.4	All-purpose baking, 1:1 swap	Nothing major	YES
Natvia	0	= sugar	~0.4	All-purpose baking, 1:1 swap	Nothing major	YES
Lakanto Monk Fruit	0	= sugar	~0.4	All-purpose baking, 1:1 swap	Nothing major	YES
Monk Fruit (pure)	0	200–300x	~0	Drinks only — tiny amounts	Baking solo — too potent	YES
Stevia (pure)	0	150–300x	~0	Drinks, blending with erythritol	Solo baking — no bulk, aftertaste	YES
Xylitol	13	= sugar	~10	Baking & beverages — moderate only	Homes with pets — TOXIC TO DOGS	CAUTION
Yacon Syrup	~1	~50%	~7	Sauces, dressings, no-heat recipes	High heat above boiling point	YES
Maltitol	36	~75%	~10	—	Avoid — spikes blood sugar	NO
Coconut Sugar	35	= sugar	~15	—	Avoid on keto	NO
Honey	58	= sugar	~21	—	Avoid — 17g net carbs per tbsp	NO
Table Sugar	65	= sugar	~16	—	Avoid on keto	NO

* Stevia conversions vary by brand — always start small and adjust to taste.

* Allulose browns faster than sugar — reduce oven temp by 25°F or check 5 min early.

* Xylitol is TOXIC TO DOGS. Keep all xylitol products away from pets.

* Use powdered erythritol for frostings — granulated recrystallizes and goes gritty.