

## Cooking with Sugar Substitutes

The latest trend in baking is to learn how to use artificial sweeteners. Replacing half of the sugar in a cake recipe with a sugar substitute can save about 30 calories per serving. With a little experimentation you can be successful in baking with artificial sweeteners. Because not all sugar substitutes are created for baking, follow the directions on the box or use the following chart as a starting place.

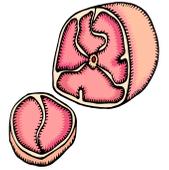
### Alternative Sugar Substitution Chart

<b>SWEETONE® (Acesulfame-k)</b>		
4 calories per packet	12 packets = 1 cup sugar	1 packet = 2 teaspoons sugar
Can be used in cooking and baking without losing sweetness.		For recipes go to <a href="http://www.sweetone.com">www.sweetone.com</a>
<b>Equal® (Aspartame)</b>		
4 calories per packet	24 packets = 1 cup sugar	1 packet = 2 teaspoons sugar
Loses sweetness when baked at high temperatures for long periods of time. May be added during last few minutes of heating or cooking.		For recipes go to <a href="http://www.equal.com">www.equal.com</a>
<b>Equal® Spoonful (Aspartame)</b>		
2 calories per teaspoon	1 cup = 1 cup sugar	1 teaspoon = 1 teaspoon sugar
Loses sweetness when heated to high temperatures for long periods of time. Can be used spoon for spoon in place of sugar in some foods.		For recipes go to <a href="http://www.equal.com">www.equal.com</a>
<b>SPLENDA® Granulated Sweetener (Sucralose)</b>		
No calories	1 cup = 1 cup sugar	1 teaspoon = 1 teaspoon sugar
May not work well in recipes where structure is dependent on sugar. Some recipes may require refrigeration.		For recipes go to <a href="http://www.splenda.com">www.splenda.com</a>
<b>SWEET 'N LOW® (Saccharin)</b>		
4 calories per packet	24 packets = 1 cup sugar	1 packet = 2 teaspoons sugar
Can be used in cooking and baking without losing sweetness.		For recipes go to <a href="http://www.sweetnlow.com">www.sweetnlow.com</a>
<b>BROWN SWEET 'N LOW® (Saccharin)</b>		
20 calories per teaspoon	4 teaspoons = 1 cup brown sugar	1 teaspoon = 1/4 cup brown sugar
Can be used in cooking or baking without losing sweetness. Note that measurements differ from packet sweeteners.		For recipes go to <a href="http://www.sweetnlow.com">www.sweetnlow.com</a>

## Cranberry Glazed Roast Pork Yield 12 4-ounce servings

2-16 ounce cans cranberry sauce, jellied  
½ cup SLENDA® No Calorie Sweetener, Granulated  
½ cup cranberry juice  
1 teaspoon mustard powder  
¼ teaspoon ground cloves

4 pounds pork roast  
2 tablespoons cornstarch  
2 tablespoons cold water  
Salt to taste



Mash cranberry sauce with a fork and stir in SLENDA® No Calorie Sweetener, cranberry juice, mustard, and cloves. Place pork roast in a large, roasting pan. Pour cranberry sauce mixture over the roast. Cook at 350°F approximately 1½ to 2 hours to a minimum internal temperature of 160°F. Remove roast, and keep warm. Skim the fat from the liquid in the roasting pan. Pour 2 cups of the remaining roasting liquid (add water to fill the measuring cup, if necessary) into a small saucepan. Bring to a boil over medium-high heat. Blend cornstarch and cold water to make a paste; stir gradually into boiling liquid. Continue cooking, stirring constantly, until mixture thickens. Add salt to taste. Serve with the roast. Nutritional Analysis: 360 Calories, 34g Protein, 9g Fat, 35g Carbohydrate  
Recipe adapted from Splenda® website at [www.splenda.com](http://www.splenda.com). Used with permission.

## Baked Apples Yield 6 4-ounce servings

6 tart apples, cored  
3 tablespoons butter  
2 teaspoons Sweet 'N Low® Brown granulated sugar substitute  
2 tablespoons flour  
½ teaspoon vanilla

Peel apples halfway down. Place in baking dish, pared side up. Melt butter. Stir in flour and mix well. Add Sweet 'N Low® and vanilla. Spread over apples. Bake at 425°F until crust is set. Lower oven temperature to 350°F. Bake until apples are tender, about 30 to 40 minutes, depending on size of apple. Nutritional Analysis: 110 Calories, 2g Fat, 27g Carbohydrates  
Sweet 'N Low® is a registered trademark of Cumberland Packing Corporation. Used with permission.

## Fruit Smoothies Yield 4 1-cup servings



1 cup orange juice  
1 cup nonfat plain yogurt  
1 cup frozen unsweetened whole strawberries or raspberries  
1 peeled and frozen banana, cut into pieces  
¼ cup Equal® Spoonful OR 6 packets Equal®

Place all ingredients in blender or food processor. Process until smooth. Nutritional Analysis: 203 Calories, 9g Protein, 43g Carbohydrates, 1g Fat  
Recipe adapted from Equal website at [www.equal.com](http://www.equal.com). Used with permission.

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