

## Gluten Free Flour Characteristics

Flour	Flavor	Percentage to Use	Contents	Storage/Misc Information
Almond	Sweet, Nutty		High protein, fiber, fat	Refrigerated or frozen
Amaranth	Mildly nutty	20-25% in baking	High protein, nutrients	
Buckwheat	Robust flavor, use with other flours	Up to 1 cup per recipe; less in subtle recipes	High protein, fiber, B-vitamins	
Chestnut Flour	Nutty, earthy	Up to 25% total flour	Low in protein, fiber	Refrigerated or frozen
Coconut Flour	Subtle, sweet, coconut	Up to 15% in baked goods	Low-Carb, high-fiber	
Corn Flour	Finely ground corn		Use in breads, cakes, etc.	
Cornmeal	Coarsely ground corn		Use in cornbread, breading, polenta	
Cornstarch	Fine white powder		Lightens texture; thickens sauces	
Flax seed	Only use ground not whole	Use 2 to 3 tbsp per recipe	High fiber, Omega 3's	Refrigerated or frozen
Legume (bean) flours	Can be strongly flavored, best in savory foods	No more than 25% per recipe. Quinoa flour good substitute	Best when used with brown sugar, molasses, chocolate, spices	
Mesquite flour	Pleasantly sweet	Up to 25% per recipe	Best in pancakes, brownies & gingerbread	
Millet	Mild, sweet, nutty, distinctive flavor	No more than 25% in any flour blend	Nutrient rich, high protein, high fiber	
Oats/Oat Flour		Use only GF oats	High fiber, protein	
Potato Flour	Replaces xanthan or guar gum	Add 2-4 tbsp per recipe: reduce or eliminate gums	High fiber	Good for soft, chewy
Potato Starch		Use 1:1 with cornstarch	Best when used with eggs	Whisk before using
Quinoa Flour	Delicate, nutty flavor, similar to wild rice	Use up to 30% of flour blend	Complete protein	
Rice Flour	Varies from fine to medium to coarse texture	Best when blended with other flours	Brown is higher fiber, nutrients	
Sorghum flour	Slightly sweet taste	Use no more than 30% in any flour blend	High fiber, protein	

Teff flour	Mild nutty flavor		High Calcium, protein, fiber	
Tapioca Starch				Good in breads, tortillas, pasta
Arrowroot Starch	Pleasant tasting/versatile			Good for breads & bagels, thickening sauces
Sweet Potato Starch	Yellow-orange hue in final baked goods			Best in recipes containing chocolate, molasses and spices.

**For every 1 cup of regular all-purpose flour in recipes, you can substitute:**

Amaranth = 1 cup

Bean Flour = 1 cup

Corn Flour = 1 cup

Cornmeal = 3/4 cup

Millet Flour = 1 cup

Finely Ground Nuts = 1/2 cup

Oat Flour = 1-1/3 cups

Potato Flour = 5/8 cup

Potato Starch = 3/4 cup

Quinoa Flour = 1 cup

White or Brown Rice Flour = 7/8 cup

Sorghum Flour = 1 cup

Soy Flour = 3/4 cup

Sweet Rice Flour = 7/8 cup

Tapioca Flour/Starch = 1 cup

Teff Flour = 7/8 cup