

Honey Substitution Chart

Note: These substitutions are all on a total solids basis. On a sweetening basis, honey is about 25% sweeter than sugar or sucrose due to its fructose content (about 38.5 g fructose per 1,000 g honey). Values listed below are based on averages and may vary.


Sugar - Honey Substitution (gram basis)

Sucrose (dry):	100% solids
	0% water
Honey:	82.4% solids
	17.6% water
1,000 g sucrose:	1,000 g solids
	0 g water
1,000 g honey:	824 g solids
	176 g water

Conversion factor:

1,000 g solids in 1,000 g sucrose/824 g solids in 1,000 g honey = 1.2135922.
To replace 1,000 g sucrose with honey, use 1,214 g honey and subtract 214 g of water from the total formula.

Liquid Sucrose - Honey Substitution (gram basis)



Liquid sucrose:	average 67.5 °Brix
	67.5% solids
	32.5% water
Honey:	82.4% solids
	17.6% water
1,000 g liquid sucrose:	675 g solids
	325 g water
1,000 g honey:	824 g solids
	176 g water

Conversion factor:

675 g solids in 1,000 g liquid sucrose/824 g solids in 1,000 g honey = 0.8191748.
To replace 1,000 g liquid sucrose with honey use 819 g honey and add 181 g of water to the total formula.

Liquid Invert Sugar - Honey Substitution (gram basis)

Liquid invert sugar:	average 76.55 °Brix
	76.55% solids
	23.45% water
Honey:	82.4% solids
	17.6% water
1,000 g liquid invert sugar:	765.5 g solids
	234.5 g water
1,000 g honey:	824 g solids
	176 g water

Conversion factor:

765.5 g solids in 1,000 g liquid invert sugar/824 g solids in 1,000 g honey = 0.9290049.
To replace 1,000 g liquid invert sugar with honey, use 929 g honey and add 71 g of water to the total formula.

HFCS (42%) - Honey Substitution (gram basis)

HFCS (42%):	71% solids
	29% water
Honey:	82.4% solids
	17.6% water
1,000 g HFCS (42%):	710 g solids
	290 g water
1,000 g honey:	824 g solids
	176 g water



Conversion factor:

710 g solids in 1,000 g HFCS (42%)/824 g solids in 1,000 g honey = 0.86165048.
To replace 1,000 g HFCS (42%) with honey, use 862 g honey and add 138 g of water to the total formula.

HFCS (55%) - Honey Substitution (gram basis)

HFCS (55%): 77% solids
23% water

Honey: 82.4% solids
17.6% water

1,000 g HFCS (55%): 770 g solids
230 g water

1,000 g honey: 824 g solids
176 g water

Conversion factor:

770 g solids in 1,000 g HFCS (55%)/824 g solids in 1,000 g honey = 0.934466.

To replace 1,000 g HFCS (55%) with honey, use 934 g honey and add 66 g of water to the total formula.



HFCS (90%) - Honey Substitution (gram basis)

HFCS (90%): 75% solids
25% water

Honey: 82.4% solids
17.6% water

1,000 g HFCS (90%): 750 g solids
250 g water

1,000 g honey: 824 g solids
176 g water

Conversion factor:

750 g solids in 1,000 g HFCS (90%)/824 g solids in 1,000 g honey = 0.9101942.

To replace 1,000 g HFCS (90%) with honey, use 910 g honey and add 90 g of water to the total formula.

Corn Syrup (42 DE) - Honey Substitution (gram basis)

Corn Syrup (42 DE): 80.3% solids
19.7% water

Honey: 82.4% solids
17.6% water

1,000 g corn syrup (42 DE): 803 g solids
197 g water

1,000 g honey: 824 g solids
176 g water

Conversion factor:

803 g solids in 1,000 g corn syrup (42 DE)/824 g solids in 1,000 g honey = 0.9745245.

To replace 1,000 g corn syrup (42 DE) with honey, use 974 g honey and add 26 g of water to the total formula.



Molasses - Honey Substitution (gram basis)

Molasses: 72% solids (including 2% ash)
28% water

Honey: 82.4% solids
17.6% water

1,000 g molasses: 720 g solids
280 g water

1,000 g honey: 824 g solids
176 g water

Conversion factor:

700 g solids in 1,000 g molasses/824 g solids in 1,000 g honey = 0.8737864.

To replace 1,000 g molasses with honey, use 874 g honey and add 126 g of water to the total formula.



For more information on honey, go to www.nhb.org.

© National Honey Board

