BILL'S HOME TECH

Home & Small Business Tech Solutions

AN EXTENDED GUIDE · NO. 2399

*Updated November 2026*

# Convert Measurements & Substitute Ingredients With AI

*Cups to grams, scaling a recipe, and swaps for a missing ingredient — just by asking*

*Plain-English tech help from:*

Bill's Home Tech

*Portage County, Ohio*

Tech Made Simple. Service Made Personal.

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**SUMMARY**

## The 60-Second Version

A voice assistant or AI helper handles kitchen math and swaps out loud. Ask "how many grams in a cup of flour?" or "what's 350 Fahrenheit in Celsius?" To scale, say "serves four, I want six — what do I multiply by?"

For a missing ingredient, ask "what can I use instead of buttermilk?" A fuller AI helper (the smarter Alexa+ or a phone chat assistant) can handle dietary swaps and "what can I make with what I have." Two honest cautions: for allergies trust the package label over any assistant, and keep baking swaps to well-known ones.

## 1 The Short Version

Halfway through a recipe you hit a snag: it wants grams and you think in cups, or you are out of buttermilk, or you need to make it for six instead of four. You no longer need a conversion chart taped to the cabinet or a frantic phone search with messy hands. A voice assistant or an AI helper can answer these out loud in a second.

This guide shows you how to convert measurements, scale a recipe up or down, and find a sensible substitute for a missing ingredient — by just asking. It also tells you, honestly, where to double-check so a swap never goes wrong.

- Ask for conversions out loud — cups to grams, Fahrenheit to Celsius, and so on.
- Scale a recipe up or down by asking "what do I need for six instead of four?"
- Get a sensible ingredient substitute when you're out of something.
- Always double-check swaps for allergies and for baking, where they matter most.

**WATCH OUT**

Keep it simple: say the wake word, then ask your question in plain words. You do not need special phrasing — "how many grams in a cup of flour?" works just fine.

## 2 What "AI" Means Here

Do not let the word worry you. "AI" here just means a smart helper that understands a plain question and gives you an answer — the same voice assistant on your Echo or phone, or a chat helper like the one built into newer phones. You talk to it normally; it does the thinking.

> **GOOD TO KNOW**
> For simple conversions and scaling, your existing voice assistant is plenty. For trickier questions — "what's a good dairy-free swap for heavy cream in a soup?" — a fuller AI helper can reason more, which we'll touch on later.

## 3 Quick Conversions by Voice

These are the everyday ones, and the assistant answers them instantly. Just ask the way you'd ask a friend.

- "How many tablespoons are in a quarter cup?"
- "What's 350 degrees Fahrenheit in Celsius?"
- "How many grams are in a cup of flour?"
- "How many ounces are in a pound?"
- "How many milliliters are in a cup?"

> **TIP**
> For oven temperatures, say the whole thing — "350 Fahrenheit in Celsius" — so there's no mix-up about which direction you mean.

# 4 A Handy Conversion Table

Even with a voice assistant, a printed chart on the fridge is reassuring. Here are the conversions that come up most in home cooking.

| This | Equals |
|---|---|
| 1 tablespoon | 3 teaspoons |
| 1/4 cup | 4 tablespoons |
| 1 cup | 16 tablespoons (about 240 ml) |
| 1 cup of flour | about 120 grams |
| 1 cup of sugar | about 200 grams |
| 1 stick of butter | 1/2 cup (8 tablespoons, about 113 g) |
| 350°F | about 175°C |

> **GOOD TO KNOW**
>
> Weights like grams-per-cup vary a little by ingredient (flour is lighter than sugar), which is why a kitchen scale is the surest tool for baking. The table above covers the common cases well enough for most cooking.

# 5 Scale a Recipe Up or Down

Cooking for a different number of people? Just tell the assistant the old and new servings and ask what you need, ingredient by ingredient.

1. Say "if a recipe serves four and I want to serve six, what do I multiply by?" (the answer is one and a half).
2. Or ask per ingredient: "what's one and a half times two-thirds of a cup?"
3. For doubling, just say "double two-thirds of a cup" and so on.

4. Write the new amounts down as you go so you don't lose track.

> **TIP**
> When scaling, be a little cautious with strong seasonings — salt, spices, and hot peppers. Multiply them more gently than the main ingredients and taste as you go.

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## 6 Substitute a Missing Ingredient

Out of something? Ask for a substitute and the assistant will suggest a common one. This saves many a trip to the store mid-recipe.

- "What can I use instead of buttermilk?" (milk with a little lemon juice or vinegar).
- "What's a substitute for one egg in baking?"
- "I'm out of baking powder — what can I use?"
- "What can I use instead of fresh garlic?"

> **GOOD TO KNOW**
> Substitutes work better in some dishes than others. In a soup or stew there's lots of room to improvise; in baking, where chemistry matters, stick to well-known swaps and don't experiment too boldly.

## 7 Common Substitutions Worth Knowing

A few reliable swaps come up again and again. Keep these in mind and you'll rarely be stuck.

| Out of... | Try... |
|---|---|
| Buttermilk (1 cup) | 1 cup milk + 1 tablespoon lemon juice or vinegar, rest 5 min |
| 1 egg (in baking) | 1/4 cup unsweetened applesauce, or a "flax egg" |
| Baking powder (1 tsp) | 1/4 tsp baking soda + 1/2 tsp cream of tartar |
| Fresh garlic (1 clove) | about 1/8 tsp garlic powder |
| Sour cream | plain yogurt, about equal amount |
| Self-rising flour (1 cup) | 1 cup plain flour + 1.5 tsp baking powder + pinch of salt |

**TIP**

Print this table and the conversion one, and tape them inside a cabinet door. Even with a voice assistant, a glance at a chart is sometimes the quickest answer of all.

## 8 Using a Fuller AI Helper for Harder Questions

For questions with more to them — dietary swaps, or 'what can I make with what I have' — a fuller AI assistant (the smarter Alexa+, or a chat helper on your phone) can reason it through and explain its suggestion.

- "I'm out of heavy cream and want a lighter dairy-free option for this soup — what works?"
- "Can you make this recipe gluten-free, and what changes?"
- "I have chicken, spinach, and rice — what can I make?"
- Ask it to explain why a substitute works, so you learn as you go.

**GOOD TO KNOW**

A fuller AI helper is like a knowledgeable friend who thinks out loud. It's wonderful for ideas and explanations — just treat its suggestions as good advice to sanity-check, not gospel, especially where health is involved.

## 9 Dietary Swaps

If you're cooking around a dietary need — gluten, dairy, eggs — an AI helper can suggest swaps, but these deserve extra care because they affect both taste and, sometimes, health.

- Gluten-free: ask for a suitable flour blend and expect to adjust liquid.
- Dairy-free: plant milks and oils can replace milk and butter in many dishes.
- Egg-free: applesauce, mashed banana, or a flax egg work in baking.
- Always confirm a product's own label actually meets the need.

**WATCH OUT**

A suggested swap is a starting point, not a guarantee. If someone has a true allergy, the ingredient label on the package is the final word — always read it, no matter what any assistant suggests.

## 10 Double-Check for Safety

A quick, honest word. Voice assistants and AI helpers are very good at everyday kitchen math and common swaps, but they can occasionally be wrong, and the stakes are real when allergies are involved.

- For allergies, trust the package label over any assistant, every time.
- For baking, prefer well-known swaps — chemistry is less forgiving than stovetop cooking.
- If an answer sounds off, ask again a different way, or check your fridge chart.
- When in doubt about a health-related swap, ask a person who knows the diet.

**GOOD TO KNOW**

Used for what they're good at — quick conversions, scaling, and common substitutions — these helpers are a delight. The only caution is health-critical swaps, where a human and a label should have the last word.

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## 11 Keep a Cheat Card on the Fridge

For all the convenience of asking out loud, a simple card on the fridge never needs Wi-Fi, never mishears, and is there the instant you glance up.

- Copy the conversion and substitution tables onto a card.
- Tape it inside a cabinet or on the fridge at eye level.
- Use the voice assistant for everything else as it comes up.

## 12 A Few Worked Examples

Seeing a couple of real examples makes it click. Here is how a question and answer actually goes, so you know what to expect.

- You ask: "What's two-thirds of a cup, doubled?" — Answer: one and one-third cups.
- You ask: "How many grams is half a cup of sugar?" — Answer: about 100 grams.
- You ask: "I'm out of one egg for this cake — what can I use?" — Answer: a quarter cup of applesauce.
- You ask: "What's 400 Fahrenheit in Celsius?" — Answer: about 200 degrees.

**TIP**

If an answer comes back oddly worded or you missed it, just say "repeat that" or ask again a slightly different way. There is no limit to how many times you can ask.

## 13 Weight Versus Volume — and Why a Scale Helps

One thing worth understanding: a cup is a measure of volume (how much space), while grams measure weight. For most cooking this does not matter, but in baking it can, because a cup of flour can be packed lightly or heavily.

- For everyday cooking, cups and spoons are perfectly fine.
- For careful baking, weighing in grams is more accurate and consistent.
- A simple kitchen scale removes all the cup-to-gram guesswork.
- If a recipe gives grams, an inexpensive scale is easier than converting.

**GOOD TO KNOW**

This is why a recipe from Europe often lists grams — weighing is simply more reliable. If you bake often, a small digital scale is the single most useful gadget you can own, and it sidesteps conversions entirely.

## 14 Common Questions

A few things people often ask about conversions and substitutions, answered plainly.

- Can the assistant get it wrong? Rarely on simple math; for health swaps, always check the label too.
- Will a substitute change the taste? Sometimes a little — fine in soups and stews, more cautious in baking.
- How do I scale a recipe by a weird amount? Ask directly: "serves four, I want five — what do I multiply by?"

- What if I don't have a smart speaker? Your phone's Siri or Google Assistant does all the same things.
- Is a kitchen scale worth it? For bakers, yes — it removes conversions and makes results consistent.

> **GOOD TO KNOW**
>
> The honest summary: lean on your assistant for the quick math and common swaps, keep a fridge card as backup, and let a package label have the final word whenever an allergy is involved.

## 15 When to Call Bill

Asking your assistant for conversions and swaps is simple once you've done it a few times, and this guide gets you there. If your speaker or phone isn't answering these well, or you'd like to be shown how to ask a fuller AI helper the trickier questions, I'm glad to help.

I come to you, make sure your voice assistant handles kitchen questions smoothly, show you how to ask the smarter AI helpers for substitutions and ideas, and print you a fridge card of the common conversions. You'll leave able to cook around a missing ingredient without missing a beat.

- Your assistant isn't answering conversion or substitution questions well.
- You'd like to learn how to ask a fuller AI helper the harder ones.
- You want a printed conversion and substitution card for the fridge.
- You'd simply like it all shown to you once.

CHEAT SHEET

# Everyday Cheat Sheet

Keep this handy. For allergies, the package label always has the last word.

| I want to... | Do this... |
|---|---|
| Convert a measurement | "How many grams in a cup of flour?" |
| Convert oven heat | "What's 350 Fahrenheit in Celsius?" (about 175°C) |
| Scale a recipe | "Serves four, I want six — what do I multiply by?" (1.5) |
| Swap an ingredient | "What can I use instead of buttermilk?" |
| Ask a harder question | Use the smarter Alexa+ or a phone AI: "make this gluten-free?" |
| Be safe | Check the package label for allergies; stick to known baking swaps |
| Get help | Call Bill: (330) 200-8042 |

BEFORE YOU GO

# A Note From Bill

A quick note from Bill. I write these guides to make home tech a little less frustrating, and I do my best to keep every step accurate and up to date. Still, every home, device, and setup is a bit different, so I can't promise a guide will match yours exactly or fix your particular problem. These guides are for general information only — they're not professional, legal, or financial advice, and they don't replace your device's own manual or the manufacturer's instructions. Please go slow, use your own good judgment, and use everything here at your own risk. If a step involves electrical wiring, a gas appliance, a water heater, plumbing, or climbing a ladder — or if anything just doesn't feel safe — please stop and call a licensed professional (or give me a call at 330-200-8042). Bill's Home Tech and Bill Davis can't be responsible for any damage, data loss, or injury that results.

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**GOOD TO KNOW**

My promise — If you're not 100% satisfied with your visit, I'll come back at no charge, or refund the full $99. No questions, no awkwardness. That's how I'd want to be treated.

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