



Frostings and Fillings Worksheet

List all ingredients and weight in grams

Conversion to grams from cups or tablespoons can be found at kingarthurbaking.com/learn/ingredient-weight-chart

| Ingredients | Weight in Grams |
|---|-----------------|
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| | |
| Line 1: Total weight | |
| Line 2: Weight of sugar (from above) | |
| Line 3: Weight of sugar (in Line 2) divided by Total weight (in Line 1) | |
| Line 4: Multiply Line 3 by 100 for the % of sugar | % |

Is Line 4 higher than 65%? YES or No

If Yes, this recipe is considered safe to be stored at room temperature.

Example: Simple Buttercream Frosting

| Ingredients | Weight in Grams |
|-----------------------------|-----------------|
| 2 cups unsalted butter | 454 |
| 8 cups powdered sugar | 960 |
| ½ teaspoon salt | 3 |
| ¼ cup heavy cream | 59 |
| 2 teaspoons vanilla extract | 8 |
| Total weight | 1,484 |

% sugar: $(960/1,484) \times 100 = 65\%$

This frosting meets the minimum requirement of 65% sugar and considered safe at room temperature.



Common Frosting and Filling Ingredients

| Ingredient | Household Measure | Grams |
|---|-----------------------|-------|
| Brown sugar | 1 cup | 213 |
| Butter or margarine | 8 tablespoons (½ cup) | 113 |
| Coconut cream | 1 cup | 284 |
| Corn syrup | 1 cup | 312 |
| Cream, milk, half and half | 1 cup | 227 |
| Espresso powder | 1 tablespoon | 7 |
| Evaporated milk | ½ cup | 113 |
| Granulated sugar | 1 cup | 198 |
| Lemon juice, lime juice, orange juice | 1 tablespoon | 14 |
| Peanut butter | ½ cup | 135 |
| Powdered sugar | 2 cups | 227 |
| Semi-sweet chocolate chips | 1 cup | 170 |
| Unsweetend chocolate bars | 2 pieces | 14 |
| Unsweetend cocoa powder | ½ cup | 42 |
| Vanilla extract or other flavored extract | 1 tablespoon | 14 |
| Vegetable shortening | ¼ cup | 46 |
| Water | 1 cup | 227 |

More ingredients can be found at kingarthurbaking.com/learn/ingredient-weight-chart

More information and resources are available in “Food Safety of Frosting and Fillings,” available at <https://bookstore.ksre.ksu.edu/pubs/MF3544.pdf>



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