

Brown Sugar vs White Sugar (vsdiff.com)

Characteristic	Brown sugar	White sugar
Primary composition	Mostly sucrose with variable <i>molasses</i> ($\approx 3\text{--}10\%$ for light to dark)	Refined sucrose ($\approx 99.9\%$), minimal molasses
Flavor & aroma	<i>Caramel</i> , toffee notes from molasses	Neutral, clean sweetness
Moisture & texture	More hygroscopic and clumpy; <i>moist</i> crystals	Dry, free-flowing crystals
Baking behavior	Tends to retain moisture; encourages chewiness and browning	Promotes crispness and predictable caramelization
Nutritional difference	Negligible — trace minerals from molasses but <i>calories similar</i>	Calories and macronutrients nearly identical to brown
Typical uses	Cookies, marinades, sauces, recipes needing <i>depth</i>	Beverages, meringues, cakes where neutral sweetness is desired

Source: <https://vsdiff.com/brown-sugar-vs-white-sugar/>