

Cup to Gram Conversion

	<u>CUPS</u>	<u>GRAMS</u>	<u>OUNCES</u>
BUTTER	1/4 cup	57 g	
	1/3 cup	76 g	
	1/2 cup	113 g	
	1 cup	227 g	
ALL-PURPOSE FLOUR AND CONFECTIONER'S SUGAR	1/8 c (2 tbsp)	16 g	.563 oz
	1/4 cup	32 g	1.13 oz
	1/3 cup	43 g	1.5 oz
	1/2 cup	64 g	2.25 oz
	2/3 cup	85 g	3 oz
	3/4 cup	96 g	3.38 oz
	1 cup	128 g	4.5 oz
BREAD FLOUR	1/4 cup	34 g	1.2 oz
	1/3 cup	45 g	1.6 oz
	1/2 cup	68 g	2.4 oz
	1 cup	136 g	4.8 oz
ROLLED OATS	1/4 cup	21 g	.75 oz
	1/3 cup	28 g	1 oz
	1/2 cup	43 g	1.5 oz
	1 cup	85 g	3 oz
WHITE SUGAR (GRANULATED)	2 tbsp	25 g	.89 oz
	1/4 cup	50 g	1.78 oz
	1/3 cup	67 g	2.37 oz
	1/2 cup	100 g	3.55 oz
	2/3 cup	134 g	4.73 oz
	3/4 cup	150 g	5.3 oz
	1 cup	201 g	7.1 oz
PACKED BROWN SUGAR	1/4 cup	55 g	1.9 oz
	1/3 cup	73 g	2.58 oz
	1/2 cup	110 g	3.88 oz
	1 cup	220 g	7.75 oz
HONEY, MOLASSES AND SYRUP	2 tbsp	43 g	1.5 oz
	1/4 cup	85 g	3 oz
	1/3 cup	113 g	4 oz
	1/2 cup	170 g	6 oz
	2/3 cup	227 g	8 oz
	3/4 cup	255 g	9 oz
	1 cup	340 g	12 oz