Cups to Grams Chart

Grams for common baking ingredients. Flour is measured by spooning it into the cup and leveling.

Ingredient	1 cup	3/4	2/3	1/2	1/3	1/4	1 tbsp
All-purpose flour	120	90	80	60	40	30	8
Bread flour	120	90	80	60	40	30	8
Cake flour (unbleached)	120	90	80	60	40	30	8
Whole wheat flour	113	85	75	57	38	28	7
Almond flour	96	72	64	48	32	24	6
Granulated sugar	198	149	132	99	66	50	12
Brown sugar, packed	213	160	142	107	71	53	13
Confectioners' sugar	113	85	75	57	38	28	7
Butter	226	170	151	113	75	57	14
Vegetable oil	198	149	132	99	66	50	12
Milk / buttermilk / cream	227	170	151	114	76	57	14
Sour cream / yogurt	227	170	151	114	76	57	14
Water	227	170	151	114	76	57	14
Honey	336	252	224	168	112	84	21
Maple syrup	312	234	208	156	104	78	20
Cocoa powder	84	63	56	42	28	21	5
Chocolate chips	170	128	113	85	57	43	11
Rolled oats	89	67	59	45	30	22	6
Walnuts, chopped	113	85	75	57	38	28	7
Raisins (loose)	149	112	99	75	50	37	9

Small amounts

Baking powder	1 tsp	4 g
Baking soda	1/2 tsp	3 g
Table salt	1 tbsp	18 g
Kosher salt, Diamond Crystal	1 tbsp	8 g
Kosher salt, Morton	1 tbsp	16 g
Instant yeast	1 tbsp	9 g
Vanilla extract	1 tbsp	14 g
Large egg, out of shell	1	50 g

Handy equivalents

1 cup	16 tbsp
1 tbsp	3 tsp
1/4 cup	4 tbsp
1/3 cup	5 tbsp + 1 tsp
1 stick butter	1/2 cup (113 g)
1 oz (weight)	28.35 g

Source: King Arthur Baking, Ingredient Weight Chart (kingarthurbaking.com/learn/ingredient-weight-chart). Fractions are calculated from King Arthur's per-cup weights and rounded to the nearest gram. Free to print and share. Converter for 60+ ingredients: recipecatcherkitchen.com/tools/cups-to-grams/