



Kitchen Conversion Chart

How much one cup, tablespoon, and teaspoon of each ingredient weighs, in grams.

INGREDIENT	1 CUP	1 TBSP	1 TSP
FLOURS			
All-purpose flour	120 g	7.5 g	2.5 g
Bread flour	127 g	7.9 g	2.6 g
Cake flour	114 g	7.1 g	2.4 g
Whole wheat flour	113 g	7.1 g	2.4 g
Almond flour	96 g	6.0 g	2.0 g
SUGARS AND SWEETENERS			
Granulated sugar	200 g	12 g	4.2 g
Brown sugar, packed	213 g	13 g	4.4 g
Powdered sugar	113 g	7.1 g	2.4 g
FATS			
Butter	227 g	14 g	4.7 g
LIQUIDS			
Water	237 g	15 g	4.9 g
Whole milk	245 g	15 g	5.1 g
Vegetable oil	218 g	14 g	4.5 g
Honey	336 g	21 g	7.0 g
GRAINS			
Rolled oats	90 g	5.6 g	1.9 g
White rice, uncooked	200 g	12 g	4.2 g
OTHER			
Cocoa powder	85 g	5.3 g	1.8 g

Weights are for a level US cup (236.6 ml). Sources: King Arthur Baking, USDA FoodData Central.

Full chart and free converters at kitchenconverts.com/ingredient-weight-chart