

Baking conversion chart

Grams for level US cups (1 cup = 236.6 ml). Weights from USDA FoodData Central.

Cups to grams

Ingredient	1 cup	1/2 cup	1/3 cup	1/4 cup
All-purpose flour	125 g	63 g	42 g	31 g
Bread flour	137 g	69 g	46 g	34 g
Cake flour	137 g	69 g	46 g	34 g
Whole wheat flour	120 g	60 g	40 g	30 g
Granulated sugar	200 g	100 g	67 g	50 g
Brown sugar (packed)	220 g	110 g	73 g	55 g
Powdered sugar	120 g	60 g	40 g	30 g
Cocoa powder (unsweetened)	86 g	43 g	29 g	22 g
Butter	227 g	113 g	76 g	57 g
Vegetable or canola oil	218 g	109 g	73 g	55 g
Honey	339 g	170 g	113 g	85 g
Maple syrup	332 g	166 g	111 g	83 g
Milk (whole)	244 g	122 g	81 g	61 g
Heavy cream	238 g	119 g	79 g	60 g
Sour cream	230 g	115 g	77 g	58 g
Water	237 g	119 g	79 g	59 g
Rolled oats	81 g	41 g	27 g	20 g
Chocolate chips (semisweet)	170 g	85 g	57 g	43 g
Walnuts (chopped)	117 g	59 g	39 g	29 g
Shredded coconut (sweetened)	93 g	47 g	31 g	23 g
Cornstarch	128 g	64 g	43 g	32 g
White rice flour	158 g	79 g	53 g	40 g

Cups and spoons

Cup	Spoons	ml
1 cup	16 tbsp	237 ml
3/4 cup	12 tbsp	177 ml
2/3 cup	10 tbsp + 2 tsp	158 ml
1/2 cup	8 tbsp	118 ml
1/3 cup	5 tbsp + 1 tsp	79 ml
1/4 cup	4 tbsp	59 ml
1 tbsp	3 tsp	15 ml
1 tsp		5 ml

Butter

Sticks	Volume	Weight
1/2 stick	4 tbsp	57 g
1 stick	1/2 cup	113 g
2 sticks	1 cup	227 g
4 sticks	1 lb	454 g

Small amounts

	Amount	Weight
Salt (table)	1 tsp	6 g
Baking soda	1 tsp	4.6 g
Baking powder	1 tsp	4.6 g
Yeast packet	2 1/4 tsp	7 g

Oven temperatures

°F	°C	Gas
300 °F	150 °C	2
325 °F	160 °C	3
350 °F	180 °C	4
375 °F	190 °C	5
400 °F	200 °C	6
425 °F	220 °C	7
450 °F	230 °C	8

Fan oven: about 20 °C lower.
Convection: about 25 °F lower.