Cups to grams — baking

Ingredient	1 cup	¾ cup	½ cup	⅓ cup	¼ cup
All-purpose flour	120 g	90 g	60 g	40 g	30 g
Bread flour	127 g	95 g	64 g	42 g	32 g
Whole wheat flour	120 g	90 g	60 g	40 g	30 g
Granulated sugar	200 g	150 g	100 g	67 g	50 g
Brown sugar (packed)	213 g	160 g	107 g	71 g	53 g
Powdered / icing sugar	120 g	90 g	60 g	40 g	30 g
Butter	227 g	170 g	114 g	76 g	57 g
Water	237 g	178 g	119 g	79 g	59 g
Milk	242 g	182 g	121 g	81 g	61 g
Vegetable oil	218 g	164 g	109 g	73 g	55 g
Honey	340 g	255 g	170 g	113 g	85 g
Rolled oats	90 g	68 g	45 g	30 g	23 g
White rice (uncooked)	185 g	139 g	93 g	62 g	46 g
Cocoa powder	85 g	64 g	43 g	28 g	21 g
Chocolate chips	170 g	128 g	85 g	57 g	43 g
Chopped nuts	120 g	90 g	60 g	40 g	30 g
Grated cheese	100 g	75 g	50 g	33 g	25 g
Cornstarch	128 g	96 g	64 g	43 g	32 g

Spooned and levelled; typical values.

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