

US CUP CONVERSION CHART

Ingredient	1 cup	1/2 cup	1/3 cup	1/4 cup	1 tbsp
All-purpose flour	125 g	63 g	42 g	31 g	8 g
Almond flour	96 g	48 g	32 g	24 g	6 g
Applesauce	250 g	125 g	83 g	63 g	16 g
Baking powder	221 g	110 g	74 g	55 g	14 g
Baking soda	221 g	110 g	74 g	55 g	14 g
Brown sugar	200 g	100 g	67 g	50 g	13 g
Bread flour	127 g	64 g	42 g	32 g	8 g
Butter	227 g	113 g	76 g	57 g	14 g
Buttermilk	245 g	123 g	82 g	61 g	15 g
Cake flour	100 g	50 g	33 g	25 g	6 g
Caster sugar	225 g	113 g	75 g	56 g	14 g
Chocolate chips	160 g	80 g	53 g	40 g	10 g
Cornstarch	120 g	60 g	40 g	30 g	8 g
Granulated sugar	200 g	100 g	67 g	50 g	13 g
Honey	340 g	170 g	113 g	85 g	21 g
Icing sugar	125 g	63 g	42 g	31 g	8 g
Maple syrup	317 g	158 g	106 g	79 g	20 g
Olive oil	220 g	110 g	73 g	55 g	14 g
Powdered sugar	125 g	63 g	42 g	31 g	8 g
Vegetable oil	223 g	112 g	74 g	56 g	14 g
Vegetable shortening	191 g	96 g	64 g	48 g	12 g
Water	237 g	118 g	79 g	59 g	15 g
Whole milk	244 g	122 g	81 g	61 g	15 g
Yogurt, Greek	285 g	143 g	95 g	71 g	18 g