

# Baking Conversions

## Butter

If you know a cup of butter weighs 8 ounces, you could do the math yourself:

1 ounce = 28.34 grams, so one cup of butter weighs 227 grams.

1/4 cup of butter = 57 g

1/3 cup of butter = 76 g

1/2 cup of butter = 113 g

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## Dry Goods

### All-Purpose Flour and Confectioners' Sugar

Cups	Grams	Ounces
<sup>1</sup> / <sub>8</sub> cup (2 Tablespoons)	16 g	.563 oz
1/4 cup	32 g	1.13 oz
1/3 cup	43 g	1.5 oz
1/2 cup	64 g	2.25 oz
2/3 cup	85 g	3 oz
3/4 cup	96 g	3.38 oz
1 cup	128 g	4.5 oz

### Bread Flour

Cups	Grams	Ounces
1/4 cup	34 g	1.2 oz
1/3 cup	45 g	1.6 oz
1/2 cup	68 g	2.4 oz
1 cup	136 g	4.8 oz

## Rolled Oats

Cups	Grams	Ounces
1/4 c	21 g	.75 oz
1/3 c	28 g	1 oz
1/2 c	43 g	1.5 oz
1 c	85 g	3 oz

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## White Sugar (Granulated)

Cups	Grams	Ounces
2 Tbsp	25 g	.89 oz
1/4 cup	50 g	1.78 oz
1/3 cup	67 g	2.37 oz
1/2 cup	100 g	3.55 oz
2/3 cup	134 g	4.73 oz
3/4 cup	150 g	5.3 oz
1 cup	201 g	7.1 oz

## Packed Brown Sugar

Cups	Grams	Ounces
1/4 c	55 g	1.9 oz
1/3 c	73 g	2.58 oz
1/2 c	110 g	3.88 oz
1 c	220 g	7.75 oz

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## Honey, Molasses & Syrup

Cups	Grams	Ounces
2 Tbsp	43 g	1.5 oz

1/4 c	85 g	3 oz
1/3 c	113 g	4 oz
1/2 c	170 g	6 oz
2/3 c	227 g	8 oz
3/4 c	255 g	9 oz
1 c	340 g	12 oz

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## Do the Math

1 ounce = 28.34 grams

1 pound = .453 kilograms

1 g = .035 oz

1 kg = 2.2 lb

1 fluid oz = 29.57 milliliters

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## Measuring Spoons

1 Tablespoon = .5 fluid oz or 14.79 ml

3 tsp = 1 Tablespoon

4 Tablespoons = 1/4 cup

16 Tablespoons = 1 cup

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## More Quick Conversions

1 c chocolate chips = 152 g

1 c cocoa powder = 128 g

1 c walnuts, chopped = 122 g

1 c walnut/pecan halves = 99 g

1 c shredded coconut = 71 g

1 c solid shortening, e.g. Crisco® = 205 g

1 Tbsp baking powder = 12 g

1 Tbsp salt = 18 g