Cups to grams chart (40 ingredients)

Printable chart from KitchenProds. The same numbers as https://kitchenprods.com/tools/cups-to-grams/

Last checked November 15, 2026. Source: USDA FoodData Central (SR Legacy); King Arthur Baking ingredient weight chart for flours, starches and m

Grams per cup (spooned and levelled)

Same values as the cups to grams converter. A tablespoon is 1/16 cup. Packed where the name says so.

Ingredient	1 cup	1/2 cup	1/4 cup	1 tbsp	1 cup oz
All-purpose flour	125 g	63 g	31 g	7.8 g	4.4
Bread flour	120 g	60 g	30 g	7.5 g	4.2
Cake flour	120 g	60 g	30 g	7.5 g	4.2
Whole wheat flour	113 g	57 g	28 g	7.1 g	4
Self-rising flour	113 g	57 g	28 g	7.1 g	4
Almond flour	96 g	48 g	24 g	6 g	3.4
Cornstarch	112 g	56 g	28 g	7 g	4
Cornmeal (whole-grain, yellow)	138 g	69 g	35 g	8.6 g	4.9
Granulated sugar	200 g	100 g	50 g	12.5 g	7.1
Brown sugar (packed)	220 g	110 g	55 g	13.8 g	7.8
Powdered sugar (unsifted)	120 g	60 g	30 g	7.5 g	4.2
Honey	339 g	170 g	85 g	21 g	12
Maple syrup	315 g	158 g	79 g	19.7 g	11.1
Molasses	337 g	169 g	84 g	21 g	11.9
Butter	227 g	114 g	57 g	14.2 g	8
Vegetable oil	218 g	109 g	55 g	13.6 g	7.7
Olive oil	216 g	108 g	54 g	13.5 g	7.6
Coconut oil	218 g	109 g	55 g	13.6 g	7.7
Vegetable shortening	205 g	103 g	51 g	12.8 g	7.2
Peanut butter (smooth)	258 g	129 g	65 g	16.1 g	9.1
Whole milk	244 g	122 g	61 g	15.3 g	8.6
Buttermilk	245 g	123 g	61 g	15.3 g	8.6
Heavy cream	238 g	119 g	60 g	14.9 g	8.4
Sour cream	230 g	115 g	58 g	14.4 g	8.1
Plain yogurt (whole milk)	245 g	123 g	61 g	15.3 g	8.6
Cream cheese	232 g	116 g	58 g	14.5 g	8.2
Water	237 g	119 g	59 g	14.8 g	8.4
Cocoa powder (unsweetened)	86 g	43 g	22 g	5.4 g	3
Semisweet chocolate chips	168 g	84 g	42 g	10.5 g	5.9
Rolled oats (old-fashioned)	81 g	41 g	20 g	5.1 g	2.9
White rice, long-grain (raw)	185 g	93 g	46 g	11.6 g	6.5
Almonds (sliced)	92 g	46 g	23 g	5.8 g	3.2

Ingredient	1 cup	1/2 cup	1/4 cup	1 tbsp	1 cup oz
Walnuts (chopped)	117 g	59 g	29 g	7.3 g	4.1
Pecans (chopped)	109 g	55 g	27 g	6.8 g	3.8
Shredded coconut (sweetened)	93 g	47 g	23 g	5.8 g	3.3
Table salt	288 g	144 g	72 g	18 g	10.2
Baking powder	221 g	111 g	55 g	13.8 g	7.8
Baking soda	221 g	111 g	55 g	13.8 g	7.8
Active dry yeast	192 g	96 g	48 g	12 g	6.8
Ground cinnamon	125 g	63 g	31 g	7.8 g	4.4