

Grams to Cups Conversion Chart

Grams per US cup (236.6 ml), dry ingredients spooned and levelled. Checked against USDA FoodData Central and King Arthur Baking's ingredient weight chart, September 2026.

Flours	1 cup	½ cup	¼ cup	1 tbsp
All-Purpose Flour	125 g	62 g	31 g	7.8 g
Bread Flour	130 g	65 g	32 g	8.1 g
Cake Flour	120 g	60 g	30 g	7.5 g
Whole Wheat Flour	120 g	60 g	30 g	7.5 g
Almond Flour	96 g	48 g	24 g	6.0 g
Coconut Flour	128 g	64 g	32 g	8.0 g
Oat Flour	92 g	46 g	23 g	5.8 g
Rice Flour	158 g	79 g	40 g	9.9 g
Chickpea Flour	92 g	46 g	23 g	5.8 g
Cornstarch	128 g	64 g	32 g	8.0 g
Tapioca Flour / Starch	113 g	56 g	28 g	7.1 g
Semolina	167 g	84 g	42 g	10.4 g
Sugars & Sweeteners	1 cup	½ cup	¼ cup	1 tbsp
White Granulated Sugar	200 g	100 g	50 g	12.5 g
Brown Sugar (packed)	220 g	110 g	55 g	13.8 g
Powdered Sugar (icing sugar)	120 g	60 g	30 g	7.5 g
Caster Sugar (superfine)	190 g	95 g	48 g	11.9 g
Coconut Sugar	154 g	77 g	38 g	9.6 g
Honey	340 g	170 g	85 g	21.2 g
Maple Syrup	315 g	158 g	79 g	19.7 g
Molasses	337 g	168 g	84 g	21.1 g
Corn Syrup	328 g	164 g	82 g	20.5 g
Fats & Oils	1 cup	½ cup	¼ cup	1 tbsp
Butter (unsalted)	227 g	114 g	57 g	14.2 g
Olive Oil	216 g	108 g	54 g	13.5 g
Vegetable Oil	218 g	109 g	54 g	13.6 g
Coconut Oil (solid)	226 g	113 g	56 g	14.1 g
Coconut Oil (liquid)	218 g	109 g	54 g	13.6 g
Shortening (Crisco)	205 g	102 g	51 g	12.8 g
Lard	205 g	102 g	51 g	12.8 g
Dairy	1 cup	½ cup	¼ cup	1 tbsp
Milk (whole)	244 g	122 g	61 g	15.2 g
Heavy Cream	238 g	119 g	60 g	14.9 g
Sour Cream	230 g	115 g	58 g	14.4 g
Cream Cheese	232 g	116 g	58 g	14.5 g
Yogurt (plain)	245 g	122 g	61 g	15.3 g
Parmesan (finely grated)	100 g	50 g	25 g	6.2 g
Grains, Nuts & More	1 cup	½ cup	¼ cup	1 tbsp

Rolled Oats (old fashioned)	90 g	45 g	22 g	5.6 g
White Rice (uncooked)	185 g	92 g	46 g	11.6 g
Cocoa Powder (unsweetened)	85 g	42 g	21 g	5.3 g
Chocolate Chips	170 g	85 g	42 g	10.6 g
Walnuts (chopped)	117 g	58 g	29 g	7.3 g
Pecans (halves)	99 g	50 g	25 g	6.2 g
Almonds (sliced)	92 g	46 g	23 g	5.8 g
Peanut Butter (smooth)	258 g	129 g	64 g	16.1 g
Chia Seeds	148 g	74 g	37 g	9.2 g
Raisins	165 g	82 g	41 g	10.3 g

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