









Weight Conversion

Some recipes you find have the weights in grams. Some have the weights in cups. As all ingredients don't weigh the same, you can't have a standard conversion from one to the other. As you can see from this diagram, 1 cup of these different ingredients weigh different amount of grams.

1 CUP TO GRAMS FOR INGREDIENTS	
 All-purpose Flour 125g (4.41oz)	 Powdered Sugar 121g (4.23oz)
 Bread Flour 130g (4.59oz)	 Brown Sugar 195g (6.88oz)
 Cake Flour 114g (4.02oz)	 Butter 227g (8.01oz)
 Granulated Sugar 201g (7.09oz)	 Sultanas 160g (6.64oz)
thecalculatorsite.com	

Use the links here to convert the weights of the following foods from cups to grams or from grams to cups.

[Weight Converter](#)

[The Calculator Site](#)

Help with the meanings

Try and round to the nearest 1, $\frac{1}{2}$, $\frac{1}{3}$ or $\frac{1}{4}$ of a cup and the nearest 0.5g.

$\frac{1}{2}$ = 0.5 cup	$\frac{1}{4}$ = 0.25 cup	g = grams
$\frac{1}{3}$ = 0.33 cup	1 = 1 cup	kg = 1000 grams

Food	Weight in Cups	Weight in grams (g)
Dried breadcrumbs	1 cup	
Flour		125g
Butter	1.5 cups	
Sugar (granulated)		100g
Grated cheddar cheese	2 cups	
Shredded coconut	0.5 cup	
Cocoa powder		130g
Rice (medium grain)		100g
Oats (rolled)	3 cups	
Cornflour	0.25 cup	
Peas (frozen)	1.5 cups	
Honey		100g
Icing sugar	2 cups	
Sultanas		150g
Cream cheese	$\frac{1}{3}$ cup	

