

# Common Ingredients Conversion Chart

## Flour:

1 cup = 120 g  
 $\frac{3}{4}$  cup = 90 g  
 $\frac{2}{3}$  cup = 80 g  
 $\frac{1}{2}$  cup = 60 g  
 $\frac{1}{3}$  cup = 40 g  
 $\frac{1}{4}$  cup = 30 g  
2 T. = 15 g

Sugar: 1 cup = 200 g  
 $\frac{3}{4}$  cup = 150 g  
 $\frac{2}{3}$  cup = 130 g  
 $\frac{1}{2}$  cup = 100 g  
 $\frac{1}{3}$  cup = 65 g  
 $\frac{1}{4}$  cup = 50 g  
2 T. = 25 g

Baking Powder / Baking Soda:  
1 t. = 5 g

Powdered Sugar:  
1 cup = 100 g  
 $\frac{3}{4}$  cup = 75 g  
 $\frac{2}{3}$  cup = 70 g  
 $\frac{1}{2}$  cup = 50 g  
 $\frac{1}{3}$  cup = 35 g  
 $\frac{1}{4}$  cup = 25 g  
2 T. = 13 g

Brown Sugar:  
1 cup = 180 g  
 $\frac{3}{4}$  cup = 135 g  
 $\frac{2}{3}$  cup = 120 g  
 $\frac{1}{2}$  cup = 90 g  
 $\frac{1}{3}$  cup = 60 g  
 $\frac{1}{4}$  cup = 45 g  
2 T. = 23 g

## Couscous:

1 cup = 180 g  
 $\frac{3}{4}$  cup = 135 g  
 $\frac{2}{3}$  cup = 120 g  
 $\frac{1}{2}$  cup = 90 g  
 $\frac{1}{3}$  cup = 60 g  
 $\frac{1}{4}$  cup = 45 g  
2 T. = 22 g

## Oats, uncooked

1 cup = 90 g  
 $\frac{3}{4}$  cup = 65 g  
 $\frac{2}{3}$  cup = 60 g  
 $\frac{1}{2}$  cup = 45 g  
 $\frac{1}{3}$  cup = 30 g  
 $\frac{1}{4}$  cup = 22 g  
2 T. = 11 g

## Butter:

1 cup = 240 g  
 $\frac{3}{4}$  cup = 180 g  
 $\frac{2}{3}$  cup = 160 g  
 $\frac{1}{2}$  cup = 120 g  
 $\frac{1}{3}$  cup = 80 g  
 $\frac{1}{4}$  cup = 60 g  
2 T. = 30g

## Chopped Fruits /Vegetables / Nuts:

1 cup = 150 g  
 $\frac{3}{4}$  cup = 110 g  
 $\frac{2}{3}$  cup = 100 g  
 $\frac{1}{2}$  cup = 75 g  
 $\frac{1}{3}$  cup = 50 g  
 $\frac{1}{4}$  cup = 40 g  
2 T. = 20 g