

baking conversions

make peace with your kitchen scale!

item	imperial	grams	ounces
flours			
all-purpose	1 cup	140 grams	4.94 ounces
all-purpose, sifted	1 cup	120 grams	4.23 ounces
bread	1 cup	140 grams	4.94 ounces
cake	1 cup	120 grams	4.23 ounces
pastry	1 cup	140 grams	4.94 ounces
whole wheat	1 cup	140 grams	4.94 ounces
sweeteners			
brown sugar, packed	1 cup	180 grams	6.35 ounces
confectioners' sugar	1 cup	120 grams	4.23 ounces
granulated sugar	1 cup	200 grams	7 ounces
honey	1 cup	340 grams	12 ounces
pantry items			
butter	1/2 cup (1 stick)	113 grams	4 ounces
chocolate chips	1 cup	180 grams	6.35 ounces
cocoa powder	1 cup	80 grams	2.82 ounces
coconut, shredded	1 cup	80 grams	2.82 ounces
jam/preserves	1 cup	300 grams	10.58 ounces
nut butter	1 cup	260 grams	9.17 ounces
nuts, chopped	1 cup	120 grams	4.23 ounces
oats, rolled	1 cup	100 grams	3.52 ounces
raisins	1 cup	140 grams	4.94 ounces
salt, kosher	1 Tbsp	11 grams	0.39 ounces
sea salt	1 Tbsp	16 grams	0.56 ounces

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