



# CUP CONVERSION CHART



## Flour

## Sugar

## Temperature

Celsius	Fahrenheit
90°	194°
100°	212°
110°	230°
120°	248°
130°	266°
140°	284°
150°	302°
160°	320°
170°	338°
180°	356°
190°	374°
200°	392°
210°	410°
220°	428°
230°	446°
240°	464°
250°	482°
260°	500°
270°	518°

Cup	Grams
1	120g
3/4	90g
2/3	80g
1/2	60g
1/3	40g
1/4	30g
2 tbsp	15g

Cup	Grams
1	200g
3/4	150g
2/3	130g
1/2	100g
1/3	65g
1/4	50g
2 tbsp	25g

## Brown sugar

## Butter

Cup	Grams
1	180g
3/4	135g
2/3	120g
1/2	90g
1/3	60g
1/4	45g
2 tbsp	23g

Cup	Grams
1	240g
3/4	180g
2/3	160g
1/2	120g
1/3	80g
1/4	60g
2 tbsp	30g



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## Confectioner's Sugar

Cup	Grams
1	100g
3/4	75g
2/3	70g
1/2	50g
1/3	35g
1/4	25g
2 tbsp	13g

## Uncooked oats

Cup	Grams
1	90g
3/4	65g
2/3	60g
1/2	45g
1/3	30g
1/4	22g
2 tbsp	11g

## Corn Starch

Cup	Grams
1	120g
3/4	90g
2/3	80g
1/2	60g
1/3	40g
1/4	30g
2 tbsp	15g

## Liquids

Cup	ML
1	230ML
3/4	172ML
2/3	153ML
1/2	115ML
1/3	77ML
1/4	57ML
2 tbsp	29ML

## Honey, Molasses & Syrup

Cup	Grams
1	340g
3/4	255g
2/3	227g
1/2	170g
1/3	113g
1/4	85g
2 tbsp	43g