

GramsToCups.us — Master Baking Conversion Cheat Sheet

Density-Aware Culinary Reference | US Legal Cup (240 ml) Standard | USDA FoodData Central Source Data

CUP VOLUME STANDARDS: US Legal Cup = 240 ml | US Customary Cup = 236.59 ml | Metric Cup = 250 ml | UK Imperial Cup = 284.13 ml

Ø<ß> FLOUR & STARCH CONVERSIONS

INGREDIENT	TECHNIQUE / STATE	1/4 CUP	1/2 CUP	3/4 CUP	1 US CUP
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Ø<ßI SUGAR & SWEETENER CONVERSIONS

INGREDIENT	TECHNIQUE / STATE	1/4 CUP	1/2 CUP	3/4 CUP	1 US CUP
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Ø>ÝÈ BUTTER, FATS & DAIRY CONVERSIONS

INGREDIENT	TECHNIQUE / STATE	1/4 CUP	1/2 CUP	3/4 CUP	1 US CUP
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Ø>Ýc OATS, GRAINS & NUTS CONVERSIONS

INGREDIENT	TECHNIQUE / STATE	1/4 CUP	1/2 CUP	3/4 CUP	1 US CUP
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Ø>Ýê SMALL VOLUME CONVERSIONS (TEASPOONS & TABLESPOONS)

INGREDIENT	1 TEASPOON (TSP)	1 TABLESPOON (TBSP)	1 US LEGAL CUP
Table Salt (Fine)	6.08 g	18.25 g	292 g
Baking Soda	4.58 g	13.75 g	220 g
Baking Powder	4.00 g	12.00 g	192 g
Active Dry / Instant Yeast	3.12 g	9.38 g	150 g
Unsweetened Cocoa Powder	1.77 g	5.31 g	85 g

MEASURING TIPS & METHODOLOGY:

1. Always fluff flour with a fork and spoon lightly into measuring cup before leveling with a knife (do not scoop directly from bag).
2. Pack brown sugar firmly. Pour granulated sugar and liquid sweeteners directly.

Download updated charts & access interactive calculators at: <https://www.gramstocups.us/>