

Printable Grams to Cups Chart

Core baking ingredients. Values are US cups rounded to two decimal places.

Grams	Flour	Sugar	Butter	Brown Sugar	Powdered Sugar	Cocoa Powder
25 g	0.21	0.13	0.11	0.12	0.22	0.3
50 g	0.42	0.25	0.22	0.23	0.44	0.6
75 g	0.62	0.38	0.33	0.35	0.66	0.89
80 g	0.67	0.4	0.35	0.38	0.71	0.95
100 g	0.83	0.51	0.44	0.47	0.88	1.19
120 g	1	0.61	0.53	0.56	1.06	1.43
125 g	1.04	0.63	0.55	0.59	1.11	1.49
150 g	1.25	0.76	0.66	0.7	1.33	1.79
200 g	1.67	1.01	0.88	0.94	1.77	2.38
250 g	2.08	1.26	1.1	1.17	2.21	2.98
300 g	2.5	1.52	1.32	1.41	2.65	3.57
400 g	3.33	2.02	1.76	1.88	3.54	4.76
500 g	4.17	2.53	2.2	2.35	4.42	5.95

Flour uses 120 g per cup when fluffed, spooned and leveled. Brown sugar is packed. Powdered sugar is unsifted and not packed. Cocoa is spooned and leveled.

Printable Grams to Cups Chart

Oats, liquids and rice. Check the ingredient state before using a value.

Grams	Rolled Oats	Honey	Milk	Vegetable Oil	White Rice	Water
25 g	0.28	0.07	0.11	0.13	0.14	0.11
50 g	0.56	0.15	0.22	0.25	0.27	0.21
75 g	0.84	0.22	0.33	0.38	0.41	0.32
80 g	0.9	0.24	0.35	0.4	0.43	0.34
100 g	1.12	0.29	0.44	0.51	0.54	0.42
120 g	1.35	0.35	0.53	0.61	0.65	0.51
125 g	1.4	0.37	0.55	0.63	0.68	0.53
150 g	1.69	0.44	0.66	0.76	0.81	0.63
200 g	2.25	0.59	0.88	1.01	1.08	0.84
250 g	2.81	0.74	1.1	1.26	1.35	1.05
300 g	3.37	0.88	1.32	1.52	1.62	1.27
400 g	4.49	1.18	1.76	2.02	2.16	1.69
500 g	5.62	1.47	2.2	2.53	2.7	2.11

Oats are uncooked old-fashioned or quick-cooking oats. Rice is uncooked long-grain white rice. Milk uses the selected baking reference. Oil is liquid vegetable oil.

Cups to Grams Quick Reference

Use the row for the exact ingredient and state. A US customary cup is approximately 236.588 milliliters.

Ingredient and state	1 US cup	1/2 cup	1/4 cup
All-Purpose Flour unsifted, fluffed, spooned and leveled	120 g	60 g	30 g
Granulated Sugar white granulated sugar, leveled	198 g	99 g	50 g
Brown Sugar light or dark brown sugar, packed	213 g	106 g	53 g
Butter solid butter	227 g	114 g	57 g
Powdered Sugar confectioners' sugar, unsifted and not packed	113 g	56 g	28 g
Unsweetened Cocoa Powder unsweetened cocoa powder, spooned and leveled	84 g	42 g	21 g
Honey pourable honey at room temperature	340 g	170 g	85 g
Fresh Milk fresh dairy milk	227 g	114 g	57 g
Old-Fashioned Rolled Oats old-fashioned or quick-cooking oats, uncooked	89 g	44 g	22 g
Vegetable Oil liquid vegetable oil	198 g	99 g	50 g
Long-Grain White Rice uncooked long-grain white rice	185 g	92 g	46 g
Water water in one US customary cup	237 g	118 g	59 g
Chocolate Chips standard chocolate chips	170 g	85 g	42 g
Whole Almonds whole unblanched almonds	142 g	71 g	36 g

Sources: King Arthur Baking Ingredient Weight Chart, NIST US customary cup reference and USDA FoodData Central. Full methodology: <https://gramstocup.co/density-data/>

Conversion results are practical kitchen estimates. When a recipe supplies grams, use the original gram measurement for the closest match to the tested recipe.