



# Weight Conversions for Common Baking Ingredients

\*ALL WEIGHT MEASUREMENTS ARE BASED OFF 1 CUP

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## FLOURS & GRAINS

**ALL PURPOSE FLOUR**  
4.2 OZ | 120 GR

**BREAD FLOUR**  
4.2 OZ | 120 GR

**WHOLE WHEAT FLOUR**  
4.2 OZ | 120 GR

**CAKE FLOUR**  
4 OZ | 112 GR

**SELF-RISING FLOUR**  
4.2 OZ | 120 GR

**FINE CORNMEAL**  
5 OZ | 160 GR

**COARSE CORNMEAL**  
6 OZ | 168 GR

**CORNSTARCH**  
4.2 OZ | 120 GR

**ROLLED OATS**  
3.5 OZ | 98 GR

**OAT FLOUR**  
3.2 OZ | 91 GR

## SUGARS

**GRANULATED SUGAR**  
7 OZ | 198 GR

**LIGHT BROWN SUGAR**  
8 OZ | 227 GR

**DARK BROWN SUGAR**  
8 OZ | 227 GR

**POWDERED SUGAR**  
4 OZ | 113 GR

**SUPERFINE SUGAR**  
7.3 OZ | 205 GR

**CORN SYRUP**  
12 OZ | 336 GR

**HONEY**  
12 OZ | 336 GR

**MOLASSES**  
11 OZ | 308 GR

**MAPLE SYRUP**  
11 OZ | 308 GR

## FATS

**BUTTER**  
8 OZ | 224 GR

**VEGETABLE OIL**  
8 OZ | 224 GR

**CANOLA OIL**  
8 OZ | 224 GR

**VEGETABLE SHORTENING**  
5.75 OZ | 161 GR

**LARD**  
5.75 OZ | 161 GR

**COCONUT OIL**  
7.1 OZ | 200 GR

**OLIVE OIL**  
7.6 OZ | 212 GR

**MARGARINE**  
8 OZ | 224 GR

## DAIRY

**MILK**  
8 OZ | 227 GR

**BUTTERMILK**  
8 OZ | 227 GR

**HEAVY CREAM**  
8.5 OZ | 238 GR

**HALF AND HALF**  
8.3 OZ | 232 GR

**SOUR CREAM**  
8.5 OZ | 238 GR

**CREAM CHEESE**  
8 OZ | 227 GR

**YOGURT**  
8.5 OZ | 238 GR

**EVAPORATED MILK**  
9 OZ | 252 GR

**SWEETENED CONDENSED MILK**  
11 OZ | 308 GR

## MISC

**CHOCOLATE CHIPS**  
6 OZ | 170 GR

**COCOA POWDER**  
3 OZ | 85 GR

**SHREDDED COCONUT, UNSWEETENED**  
4 OZ | 113 GR

**SHREDDED COCONUT, SWEETENED**  
3 OZ | 85 GR

**COOKIE CRUMBS**  
4 OZ | 112 GR

**1 LARGE EGG**  
1.8 OZ | 51 GR

**1 LARGE EGG WHITE**  
0.6 OZ | 15 GR

**1 LARGE EGG YOLK**  
1.25 OZ | 35 GR