



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