

Cups to grams for baking

Ingredient	1 cup (g)	1 cup (oz)	Notes
All-purpose flour	120 g	4.25 oz	Spooned and levelled; scooping can add 20%+
Bread flour	120–127 g	4.25–4.5 oz	
Whole wheat flour	113–120 g	4–4.25 oz	
Cake flour	113–120 g	4–4.25 oz	
Granulated sugar	200 g	7 oz	
Brown sugar (packed)	213–220 g	7.5–7.75 oz	
Powdered (icing) sugar	113–120 g	4–4.25 oz	Unsifted
Butter	227 g	8 oz	2 US sticks; 1 stick = 113 g = 8 tbsp
Vegetable oil	198–218 g	7–7.7 oz	
Milk	227–245 g	8–8.6 oz	240 mL
Water	236 g	8.3 oz	236.6 mL
Honey / golden syrup	340 g	12 oz	
Cocoa powder	85 g	3 oz	
Rolled oats	90 g	3.2 oz	
Chocolate chips	170 g	6 oz	
Chopped nuts	113–120 g	4–4.25 oz	
Cornstarch	112–128 g	4–4.5 oz	
Rice (uncooked)	185–200 g	6.5–7 oz	

Spooned and levelled; packed for brown sugar.