FREE PRINTABLE · CUPS, SPOONS, GRAMS

Kitchen conversion chart

Cups to grams for ten everyday ingredients, from a full cup down to a tablespoon, plus cup and spoon volumes in millilitres. A cup measures volume and a gram measures mass, so the weight depends on the ingredient.

Every recipe unit, offline

CUPS TO GRAMS, BY INGREDIENT

Ingredient	1 cup	¾ cup	½ cup	⅓ cup	¼ cup	1 tbsp
All-purpose flour	125 g	94 g	62 g	42 g	31 g	8 g
Granulated sugar	200 g	150 g	100 g	67 g	50 g	12 g
Brown sugar, packed	220 g	165 g	110 g	73 g	55 g	14 g
Icing sugar	120 g	90 g	60 g	40 g	30 g	7 g
Butter	227 g	170 g	113 g	76 g	57 g	14 g
Cocoa powder	100 g	75 g	50 g	33 g	25 g	6 g
Rolled oats	90 g	67 g	45 g	30 g	22 g	6 g
Rice, uncooked	185 g	139 g	92 g	62 g	46 g	12 g
Honey	340 g	255 g	170 g	113 g	85 g	21 g
Milk or water	240 g	180 g	120 g	80 g	60 g	15 g

CUP AND SPOON VOLUMES

Cup	Millilitres	Spoons
1	240 ml	16 tbsp
¾	180 ml	12 tbsp
⅔	160 ml	10 tbsp + 2 tsp
½	120 ml	8 tbsp
⅓	80 ml	5 tbsp + 1 tsp
¼	60 ml	4 tbsp
⅛	30 ml	2 tbsp

Spoons and ounces

- 1 tablespoon = 15 ml = 3 teaspoons, 1 teaspoon = 5 ml.
- 1 oz = 28.35 g, 1 lb = 454 g.
- 1 US stick of butter = 113 g, half a cup.

Before you measure

- Spoon the flour into the cup and level it: a packed cup can weigh 150 g.
- An Australian cup holds 250 ml, and UK recipes vary.
- When precision matters, a kitchen scale beats any cup.

Grams per US cup (240 ml) as in our cups to grams guide, after King Arthur Baking's ingredient chart; fractions computed from the full cup. Inside 210 × 279 mm: prints uncut on Letter and A4.

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