

Common Ingredient Weight/Volume Conversions

Ingredient	Volume	Weight
Almond Flour	1 C	90g/3.2 oz
Butter	1T ½ C (1 stick)	14g 113g/4 oz
Cheese, grated	1 C	113g/4 oz
Chocolate Chips	1 C	170g
Cocoa Powder	1T 1 C	6 g 100g
Corn Meal	1 C	120g/4.2 oz
Cornstarch (corn flour)	1 T	10g
Eggs (1 large)	app. 3 ¼ T	57g/2 oz
Flour (AP, bread)	1 C	130g/4.6 oz
Flour (cake)	1 C	120g/4.2 oz
Flour (Whole wheat)	1 C	130g/4.6 oz
Olive oil (most cooking oils)	¼ C	32g/1.1 oz
Rolled Oats	1 C	95g/3.4 oz
Salt, coarse ground	1 tsp	4.58 g
Salt, fine ground	1 tsp	6 g
Sugar (white, granulated)	1T 1 C	12g 200 g/7 oz
Sugar (brown, packed)	1 T 1 C (packed)	11g 180 g/6.4 oz
Sugar (confectioner's)	1 T 1 C	6g 120 g/4.2 oz
Water	1 T 1 C	14 g 227 g