# Grams to Cups Chart for 46 Ingredients

Grams in US cups (236.6 ml) and 1 US tablespoon. Grams to Cups, gramstocups.info. Updated November 3, 2026.

| Ingredient | 1 cup | ¾ cup | ½ cup | ⅓ cup | ¼ cup | 1 tbsp |
|---|---|---|---|---|---|---|
| **Flours** | | | | | | |
| All-purpose flour | 125 g | 94 g | 63 g | 42 g | 31 g | 7.8 g |
| Bread flour | 120 g | 90 g | 60 g | 40 g | 30 g | 7.5 g |
| Cake flour | 120 g | 90 g | 60 g | 40 g | 30 g | 7.5 g |
| Whole wheat flour | 120 g | 90 g | 60 g | 40 g | 30 g | 7.5 g |
| Almond flour | 96 g | 72 g | 48 g | 32 g | 24 g | 6.0 g |
| Coconut flour | 128 g | 96 g | 64 g | 43 g | 32 g | 8.0 g |
| **Sugars** | | | | | | |
| Granulated sugar | 200 g | 150 g | 100 g | 67 g | 50 g | 13 g |
| Brown sugar (packed) | 220 g | 165 g | 110 g | 73 g | 55 g | 14 g |
| Powdered sugar (unsifted) | 120 g | 90 g | 60 g | 40 g | 30 g | 7.5 g |
| **Dairy and fats** | | | | | | |
| Butter | 227 g | 170 g | 113 g | 76 g | 57 g | 14 g |
| Whole milk | 244 g | 183 g | 122 g | 81 g | 61 g | 15 g |
| Heavy cream | 238 g | 179 g | 119 g | 79 g | 60 g | 15 g |
| Sour cream | 230 g | 173 g | 115 g | 77 g | 58 g | 14 g |
| Plain yogurt (whole milk) | 245 g | 184 g | 123 g | 82 g | 61 g | 15 g |
| Plain Greek yogurt | 227 g | 170 g | 113 g | 76 g | 57 g | 14 g |
| Cream cheese | 232 g | 174 g | 116 g | 77 g | 58 g | 15 g |
| Cottage cheese | 225 g | 169 g | 113 g | 75 g | 56 g | 14 g |
| Shredded cheddar | 113 g | 85 g | 57 g | 38 g | 28 g | 7.1 g |
| Grated parmesan | 100 g | 75 g | 50 g | 33 g | 25 g | 6.3 g |
| Mayonnaise | 220 g | 165 g | 110 g | 73 g | 55 g | 14 g |
| Egg whites | 243 g | 182 g | 122 g | 81 g | 61 g | 15 g |
| **Grains, pasta and pulses** | | | | | | |
| Long-grain white rice (uncooked) | 185 g | 139 g | 93 g | 62 g | 46 g | 12 g |
| Long-grain white rice (cooked) | 158 g | 119 g | 79 g | 53 g | 40 g | 9.9 g |
| Rolled oats | 81 g | 61 g | 41 g | 27 g | 20 g | 5.1 g |
| Dry pasta | 122 g | 92 g | 61 g | 41 g | 31 g | 7.6 g |
| Dry lentils | 192 g | 144 g | 96 g | 64 g | 48 g | 12 g |
| Quinoa (uncooked) | 170 g | 128 g | 85 g | 57 g | 43 g | 11 g |
| Breadcrumbs | 108 g | 81 g | 54 g | 36 g | 27 g | 6.8 g |
| **Liquids, syrups and oils** | | | | | | |
| Water | 237 g | 177 g | 118 g | 79 g | 59 g | 15 g |
| Honey | 339 g | 254 g | 170 g | 113 g | 85 g | 21 g |
| Maple syrup | 315 g | 236 g | 158 g | 105 g | 79 g | 20 g |
| Vegetable oil | 218 g | 164 g | 109 g | 73 g | 55 g | 14 g |
| Olive oil | 216 g | 162 g | 108 g | 72 g | 54 g | 14 g |
| Coconut oil | 218 g | 164 g | 109 g | 73 g | 55 g | 14 g |
| Peanut butter | 258 g | 194 g | 129 g | 86 g | 65 g | 16 g |
| **Baking extras** | | | | | | |
| Cocoa powder (unsweetened) | 86 g | 65 g | 43 g | 29 g | 22 g | 5.4 g |
| Semisweet chocolate chips | 168 g | 126 g | 84 g | 56 g | 42 g | 11 g |
| Cornstarch | 128 g | 96 g | 64 g | 43 g | 32 g | 8.0 g |

| Ingredient | 1 cup | ¾ cup | ½ cup | ⅓ cup | ¼ cup | 1 tbsp |
|---|---|---|---|---|---|---|
| Baking soda | 221 g | 166 g | 110 g | 74 g | 55 g | 14 g |
| Baking powder | 221 g | 166 g | 110 g | 74 g | 55 g | 14 g |
| Table salt | 292 g | 219 g | 146 g | 97 g | 73 g | 18 g |
| **Fruit and nuts** | | | | | | |
| Blueberries | 148 g | 111 g | 74 g | 49 g | 37 g | 9.3 g |
| Strawberries (sliced) | 166 g | 125 g | 83 g | 55 g | 42 g | 10 g |
| Chopped walnuts | 117 g | 88 g | 59 g | 39 g | 29 g | 7.3 g |
| Whole almonds | 143 g | 107 g | 72 g | 48 g | 36 g | 8.9 g |
| **Other** | | | | | | |
| Sourdough starter (approx.) | 234 g | 176 g | 117 g | 78 g | 59 g | 15 g |

# Grams to cups for flour, sugar, butter and water

| Grams | All-purpose flour | Granulated sugar | Butter | Water |
|---|---|---|---|---|
| 25 g | 3 tbsp | 2 tbsp | 2 tbsp | 1½ tbsp |
| 50 g | ⅓ cup + 1 tbsp | ¼ cup | 3½ tbsp | 3½ tbsp |
| 75 g | ½ cup + 1½ tbsp | ⅓ cup + ½ tbsp | ⅓ cup | ¼ cup + 1 tbsp |
| 100 g | ¾ cup + 1 tbsp | ½ cup | ⅓ cup + 1½ tbsp | ⅓ cup + 1½ tbsp |
| 125 g | 1 cup | ½ cup + 2 tbsp | ½ cup + 1 tbsp | ½ cup + 1¼ tsp |
| 150 g | 1 cup + 3 tbsp | ¾ cup | ½ cup + 2½ tbsp | ½ cup + 2 tbsp |
| 200 g | 1½ cups + 1½ tbsp | 1 cup | ¾ cup + 2 tbsp | ¾ cup + 1½ tbsp |
| 250 g | 2 cups | 1¼ cups | 1 cup + 1½ tbsp | 1 cup + 1 tbsp |
| 300 g | 2⅓ cups + 1 tbsp | 1½ cups | 1¼ cups + 1 tbsp | 1¼ cups + ¾ tsp |
| 400 g | 3 cups + 3 tbsp | 2 cups | 1¾ cups + ½ tsp | 1⅔ cups + 1¼ tsp |
| 500 g | 4 cups | 2½ cups | 2 cups + 3 tbsp | 2 cups + 2 tbsp |
| 750 g | 6 cups | 3¾ cups | 3¼ cups + 1 tbsp | 3 cups + 2½ tbsp |
| 1,000 g | 8 cups | 5 cups | 4⅓ cups + 1 tbsp | 4 cups + 3½ tbsp |

Sources: USDA FoodData Central (SR Legacy) for most ingredients; King Arthur Baking ingredient weight chart for bread, cake, almond and coconut flour and sourdough starter; FAGE and Chobani nutrition labels for Greek yogurt. Every source and check date is listed at gramstocups.info/methodology/.