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						

Ingredient	1 cup	¾ cup	½ cup	⅓ cup	¼ cup	1 tbsp
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
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/.