

helpful cooking weights and measures

Ingredients	Volume	Ounces	Decimal	Grams
Flours...				
Unbleached AP Flour	1 cup	4 ¼	4.25	120
Bread Flour	1 cup	4 ¼	4.25	120
Durum Flour	1 cup	4 3/8	4.375	124
First Clear Flour	1 cup	3 ¾	3.75	105
Italian-Style 00	1 cup	3 ¾	3.75	105
Pastry Flour Blend	1 cup	4	4.00	114
Self-Rising Flour	1 cup	4	4.00	114
High-Gluten Flour	1 cup	4 ¼	4.25	120
Cake Flour	1 cup	4 ¼	4.25	120
Pastry Flour	1 cup	3 ¾	3.75	106
White WW Flour	1 cup	4	4.00	114
Whole Wheat Flour	1 cup	4	4.00	114

Ingredients	Volume	Ounces	Decimal	Grams
WW Pastry Flour	1 cup	3 3/8	3.375	96
Gluten-Free Flour	1 cup	5 ½	5.50	155
Medium Rye	1 cup	3 5/8	3.625	104
White Rye	1 cup	3 ¾	3.75	106
Almond Flour	1 cup	3 3/8	3.375	96
Barley flour	1 cup	3	3.00	85
Buckwheat Flour	1 cup	4 ¼	4.25	120
Chickpea flour	1 cup	3	3.00	85
Coconut Flour	1 cup	4 ½	4.50	130
Hazelnut Flour	1 cup	3 1/8	3.125	90
Coarse Cornmeal	1 cup	4	4.00	115
Oat Flour	1 cup	3 ¼	3.25	92
Potato Flour	1/4 cup	1 5/8	1.625	46
Potato Starch	1 cup	5 3/8	5.375	154
Quinoa flour	1 cup	3 7/8	3.875	110
White rice flour	1 cup	5	5.00	142
Semolina Flour	1 cup	5 ¾	5.75	164
Sorghum flour	1 cup	4 7/8	4.875	140
Soy flour	1/4 cup	1 ¼	1.25	35
Spelt Flour	1 cup	3 ½	3.50	100
Tapioca Starch	1 cup	4	4.00	112

Ingredients	Volume	Ounces	Decimal	Grams
Almonds, sliced	1/2 cup	1 ½	1.50	44
Almonds, slivered	1/2 cup	2	2.00	56
Almonds, whole, un-blanched	1 cup	5	5.00	142
Almond paste, packed	1 cup	9 1/8	9.125	260

Apples, dried, diced	1 cup	3	3.00	85
Apples, peeled, sliced	1 cup	4	4.00	114
Apricots, dried, diced	1/2 cup	2 ¼	2.25	65
Baking powder	1 tsp.	-	-	4
Baking soda	1/2 tsp.	-	-	3
Baker's Cinnamon Filling	1 cup	5 3/8	5.375	152
Bananas, mashed	1 cup	8	8.00	228
Barley, cooked	1 cup	7 5/8	5.625	215
Barley flakes	1/2 cup	1 5/8	1.625	46
Barley, pearled	1 cup	7 ½	7.50	214
Basil pesto	2 tbsp.	1	1.00	28
Berries, frozen	1 cup	5	5.00	142
Boiled cider	1/4 cup	3	3.00	85
Blueberries, dried	1 cup	5 ½	5.50	156
Blueberries, fresh	1 cup	6	6.00	170
Bran cereal	1 cup	2 1/8	2.125	60
Bread crumbs, dried	1/4 cup	1	1.00	28
Bread crumbs, Japanese Panko	1 cup	1 ¾		50
Ingredients	Volume	Ounces	Decimal	Grams
Bread crumbs, fresh	1/2 cup	¾	0.75	22
Brownie mix, dry	1 cup	5 ¾	5.75	164
Buckwheat, whole, kasha	1 cup	6	6.00	170
Bulgur	1 cup	5 3/8	5.375	152
Butter	1 stick	4	4.00	114
Buttermilk, yogurt and sour cream	2 tbsp.	1	1.00	28
Buttermilk Powder	2 tbsp.	7/8	0.875	25
Candied Citrus Peel	1/2 cup	3	3.00	85
Caraway seeds	2 tbsp.	5/8	0.625	18
Cashews, chopped	1 cup	4	4.00	114
Cashews, whole	1 cup	4	4.00	114
Carrots, grated	1 cup	3 ½	3.50	100
Carrots, cooked and puréed	1/2 cup	4 ½	4.50	128
Carrots, diced	1 cup	5	5.00	142
Celery, diced	1 cup	5	5.00	142
Cheddar, Jack, Swiss, grated	1 cup	4	4.00	114
Cheese, Feta	1 cup	4	4.00	114
Cheese, Ricotta	1 cup	8	8.00	228
Cheese, Parmesan, grated	1/2 cup	1 ¾	1.75	50
Cheese powder	1/2 cup	2	2.00	58
Cherries, dried	1/2 cup	2 ½	2.50	72
Cherries, candied	1/4 cup	1 ¾	1.75	50
Cherries, frozen	1 cup	4	4.00	114
Chives, fresh	1/2 cup	¾	0.75	21
Chocolate, chopped	1 cup	6	6.00	170
Chocolate chips	1 cup	6	6.00	170
Cocoa, unsweetened	2 tbsp.	3/8	0.375	12

Coconut, sweetened, shredded	1 cup	3	3.00	85
Coconut, unsweetened, shredded	1 cup	4	4.00	114
Coconut milk powder	1/2 cup	2	2.00	57
Cookie crumbs	1 cup	3	3.00	85
Coffee powder	2 tsp.	1/8	0.125	4
Corn, popped	4 cups	3/4	0.75	22
Cornmeal, whole	1 cup	4 7/8	4.875	138
Corn syrup	1 cup	11	11.00	312
Cornstarch	1/4 cup	1	1.00	28
Cranberries, dried	1/2 cup	2	2.00	58
Cranberries, fresh or frozen	1 cup	3 1/2	3.50	100
Cream-Heavy, light, 1/2 & 1/2	1 cup	8	8.00	226
Cream cheese	1 cup	8	8.00	226
Currants	1 cup	5	5.00	142
Dates, chopped	1 cup	5 1/4	5.25	150
Dough Improver	2 tbsp.	5/8	0.625	18
Egg white, fresh	1 large	1 1/4	1.25	35
Egg whites, dried	2 tbsp.	3/8	0.375	12
Egg yolk, fresh	1 large	1/2	0.50	14

Ingredients	Volume	Ounces		Grams
Espresso powder	1 tablespoon	1/4		7
Flaxseed	1/4 cup	1 1/4		35
Flax meal	1/2 cup	1 3/4		50
Figs, dried, chopped	1 cup	5 1/4		150
Garlic, minced	2 tbsp.	1		28
Garlic, peeled and sliced	1 cup	5 1/4		150
Ginger, crystallized	1/2 cup	3 1/4		92
Ginger, fresh, sliced	1/4 cup	2		58
Graham crackers, crushed	1 cup	5		142
Graham cracker crumbs, boxed	1 cup	3 1/2		100
Granola	1 cup	4		115
Grape Nuts	1/2 cup	2		58
Hazelnuts, whole	1 cup	5		142
Honey	1 tablespoon	3/4		24
Jam, Jelly and Preserves	1/4 cup	3		85
Lard	1/2 cup	4		115
Leeks, diced	1 cup	3 1/4		92
Lemon powder	2 tbsp.	5/8		18
Lime powder	2 tbsp.	5/8		18
Macadamia nuts, whole	1 cup	5 1/4		150
Malted milk powder	1/4 cup	1 1/4		35
Malt syrup	2 tbsp.	1 1/2		45
Malted Wheat Flakes	1/2 cup	2 1/4		64
Maple sugar	1/2 cup	2 3/4		80
Maple syrup	1/2 cup	5 1/2		156
Marshmallow Fluff	1 cup	4 1/2		128

Marshmallows, mini	1 cup	1 ½	45
Meringue powder	1/4 cup	1 ½	2
Mayonnaise	1/2 cup	4	115
Milk, evaporated	1/2 cup	4 ½	128
Milk, 1%	1 cup	8	228
Milk, baker's special dry	1/4 cup	1 ¼	35
Milk, store bought nonfat dry	1/4 cup	¾	22
Milk, sweetened condensed	1/4 cup	2 ¾	78
Millet, whole	1/2 cup	3 5/8	104
Molasses	1/4 cup	3	85
Mushrooms, sliced	1 cup	2 ¾	78
Oat bran	1/2 cup	1 7/8	54
Oats, rolled	1 cup	3 ½	100
Oats, quick cooking	1 cup	3 1/8	90
Oats, steel cut, raw	1/2 cup	2 7/8	100
Oats, steel cut, cooked	1 cup	9	255
Oil, vegetable	1 cup	7	198
Olives, sliced	1 cup	5	142
Onions, fresh, diced	1 cup	5	142
Orange juice powder	2 tablespoon	5/8	82
Ingredients	Volume	Ounces	Grams
Organic 6-Grain Flakes	1/2 cup	3 5/8	105
Peaches, peeled and diced	1 cup	6	170
Peanut butter	1/2 cup	4 ¾	135
Peanuts, whole, shelled	1 cup	5	142
Pears, peeled and diced	1 cup	5 ¾	165
Pecans, chopped	1/2 cup	2	56
Peppers, red or green	1 cup	5	142
Persimmon pulp	1 cup	8 ½	242
Pineapple, dried	1/2 cup	2 ½	72
Pineapple juice powder	2 tbsp.	5/8	18
Pineapple, fresh diced	1 cup	6	170
Pie Filling Enhancer	1/4 cup	1 5/8	46
Pine nuts	1/2 cup	2 ½	72
Pistachio nuts	1/2 cup	2 1/8	60
Pistachio nut paste	1/4 cup	2 ¾	78
Poppy seeds	2 tbsp.	5/8	18
Polenta, cornmeal	1 cup	5 ¾	165
Potatoes, mashed	1 cup	7 ½	215
Praline paste	1/2 cup	5 ½	156
Pumpkin, canned	1 cup	8	226
Quinoa, whole	1 cup	6 ¼	175
Quinoa, cooked	1 cup	6 ½	184
Raisins, loose	1 cup	5 ¼	150
Raisins, packed	1/2 cup	3	85
Raspberries, fresh	1 cup	4 ¼	120

Rhubarb, fresh, medium dice	1 cup	4 ¼	120
Rice Krispies	1 cup	1	28
Rice, brown, cooked	1 cup	6	170
Rice, long grain, dry	1/2 cup	3 ½	100
Rye flakes	1 cup	4 3/8	124
Scallions, sliced	1 cup	2 ¼	64
Sesame seeds	1/2 cup	2 ½	70
Shallots, peeled and sliced	1 cup	5 ½	156
Signature Secrets	1/4 cup	5/8	18
Sour cream	1 cup	8	230
Sourdough starter	1 cup	8	230
Strawberries, fresh sliced	1 cup	5 7/8	170
Sugar, granulated white	1 cup	7	200
Sugar, confectioners', unsifted	2 cups	8	225
Sugar, dark/lt. brown, packed	1 cup	7 ½	215
Sugar, demerara	1 cup	7 ¾	220
Sugar substitute, Splenda	1 cup	7/8	25
Sundried tomatoes, dry pack	1 cup	6	170
Sunflower seeds	1/4 cup	1 ¼	35
Tahini paste	1/2 cup	2 ½	74
Tapioca, quick-cooking	2 tbsp.	¾	22

Ingredients	Volume	Ounces	Decimal	Grams
Toffee chunks	1 cup	5 ½	5.50	156
Vegetable shortening	1/2 cup	3 ¼	3.25	92
Vital wheat gluten	2 tbsp.	5/8	0.625	18
Walnuts, whole	1/2 cup	2 ¼	2.25	64
Walnuts, chopped	1 cup	4	4.00	115
Water	1/3 cup	2 5/8	2.625	74
Wheat berries, red	1 cup	6 ½	6.50	184
Wheat bran	1/2 cup	1 1/8	1.125	32
Wheat, cracked	1 cup	5 ¼	5.25	150
Wheat flakes	1/4 cup	1	1.00	28
Wheat germ	1/4 cup	1	1.00	28
Yeast, instant	2 1/4 tsp.	¼	0.25	7.5
Yogurt	1 cup	8	8.00	230