



sally's *baking* addiction

Baking Conversions



Flours

- 1 cup all-purpose flour = 125 grams (4 1/2 ounces)
- 1 cup sifted all-purpose flour = 115 grams (4 ounces)
- 1 cup bread flour = 130 grams (4 1/2 ounces)
- 1 cup sifted bread flour = 121 grams (4 1/4 ounces)
- 1 cup cake flour = 115 grams (4 ounces)
- 1 cup sifted cake flour = 100 grams (3 1/2 ounces)

Sugars

- 1 cup granulated sugar = 200 grams (7 1/2 ounces)
- 1 cup (packed) brown sugar = 200 grams (7 1/2 ounces)
- 1 cup confectioners' sugar = 120 grams (4 1/4 ounces)
- 1 cup sifted confectioners' sugar = 115 grams (4 ounces)

Liquid Sweeteners

- 1 Tablespoon honey = 21 grams (3/4 ounce)
- 1/2 cup maple syrup = 156 grams (5 1/2 ounces)
- 1/4 cup molasses = 85 grams (3 ounces)

Semi-Liquids

- 1/2 cup peanut butter = 135 grams (4 3/4 ounces)
- 1 cup sour cream or yogurt = 227 grams (8 ounces)

Other

- 1 cup milk = 227 grams (240ml; 8 ounces)
- 1/2 cup butter = 1 stick = 115 grams (4 ounces)
- 1/4 cup cornstarch = 28 grams (1 ounce)
- 1 cup chocolate chips = 180 grams (6 1/4 ounces)
- 1/2 cup natural unsweetened cocoa powder = 41 grams (1.6 ounces)
- 1 cup oats = 80 grams (3 ounces)