



# Cups to grams

for US to UK measuring in baking



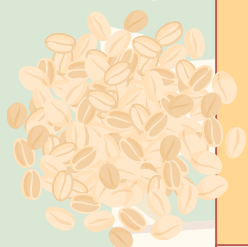
Butter	$\frac{1}{4}$ cup	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup	1 cup
	57 grams	76 grams	113.5 grams	227 grams



Unsifted flour	$\frac{1}{4}$ cup	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup	1 cup
	30 grams	40 grams	60 grams	120 grams



Sifted flour	$\frac{1}{4}$ cup	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup	1 cup
	27 grams	35 grams	55 grams	110 grams



Rolled oats	$\frac{1}{4}$ cup	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup	1 cup
	21 grams	28 grams	43 grams	85 grams



Granulated white sugar	$\frac{1}{4}$ cup	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup	1 cup
	50 grams	67 grams	100 grams	200 grams



Brown sugar	$\frac{1}{4}$ cup	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup	1 cup
	55 grams	73 grams	110 grams	220 grams



Honey, molasses & syrup	$\frac{1}{4}$ cup	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup	1 cup
	85 grams	113 grams	170 grams	340 grams