

BASIC INGREDIENT CONVERSIONS

Flour

1 cup flour = 140 grams

$\frac{3}{4}$ cup flour = 105 grams

$\frac{1}{2}$ cup flour = 70 grams

$\frac{1}{4}$ cup flour = 35 grams

Granulated Sugar

1 cup sugar = 200 grams

$\frac{3}{4}$ cup sugar = 150 grams

$\frac{2}{3}$ cup sugar = 135 grams

$\frac{1}{2}$ cup sugar = 100 grams

$\frac{1}{3}$ cup sugar = 70 grams

$\frac{1}{4}$ cup sugar = 50 grams

Powdered (Icing) Sugar

1 cup powdered sugar = 160 grams

$\frac{3}{4}$ cup powdered sugar = 120 grams

$\frac{1}{2}$ cup powdered sugar = 80 grams

$\frac{1}{4}$ cup powdered sugar = 40 grams

Butter

1 cup = 2 sticks = 8 oz = 230 grams

$\frac{1}{2}$ cup = 1 sticks = 4 oz = 115 grams

Heavy (Whipping) Cream

1 cup heavy cream = 235 grams

$\frac{3}{4}$ cup heavy cream = 175 grams

$\frac{1}{2}$ cup heavy cream = 115 grams

$\frac{1}{4}$ cup heavy cream = 60 grams

1 tbsp heavy cream = 15 grams