

<b>CUPS TO GRAMS CONVERSIONS</b> 	<b>1 CUP</b>	<b>3/4 CUP</b>	<b>2/3 CUP</b>	<b>1/2 CUP</b>	<b>1/3 CUP</b>	<b>1/4 CUP</b>	<b>1 TSP</b>	<b>1 TBSP</b>	<b>2 TBSP</b>
FLOUR + POWDERED SUGAR (FOR ICING)	150g	112g	100g	75g	50g	37g	3g	9g	19g
MAIZENA (CORN FLOUR) + POTATO STARCH	114g	108g	99g	72g	45g	36g		9g	18g
PLAIN SUGAR (GRANULATED) + BROWN SUGAR	224g	168g	154g	112g	70g	56g	4g	14g	28g
RICE VARIETIES (PLAIN, RISOTTO, BARLEY)	208g	156g	143g	104g	65g	52g		13g	26g
SMALL OR CHOPPED NUTS	160g	120g	110g	80g	50g	40g	4g	10g	20g
WHOLE LARGE NUTS	112g	84g	77g	56g	35g	28g		7g	14g
GROUND NUTS (POWDER) + SEEDS	128g	96g	88g	64g	40g	32g		8g	16g
COOKING OIL	224g	168g	154g	112g	70g	56g	4g	14g	28g
SYRUPS	352g	264g	242g	176g	110g	88g	7g	22g	44g
LIQUIDS (WATER, MILK, LIQUOR)	240ml	180ml	160ml	120ml	80ml	60ml	5ml	15ml	30ml
HEAVY CREAM + DAIRY (YOGHURT, SOUR CREAM ETC)	240ml	180ml	160ml	120ml	80ml	60ml	5ml	15ml	30ml
<b>NOTE</b>	<b>1 ML (MILLILITER) = 1 GRAM</b>								
<b>TSP TO GRAMS CONVERSIONS</b>	<b>1/4 TSP</b>	<b>1/2 TSP</b>	<b>1 TSP</b>	<b>2 TSP</b>	<b>PINCH</b>	Visit the community recipy corner on inthevendee.com #inthevendee			
SALT	2g	3g	6g	12g	0.5g				
BAKING SODA	1g	2g	4g	8g					

