

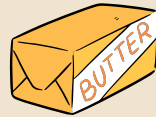
# GRAMS TO METRIC CUPS

## conversion chart



### FLOUR

| G   | CUPS | OZ   | TBSP  |
|-----|------|------|-------|
| 10  | 0.08 | 0.35 | 1     |
| 20  | 0.16 | 0.71 | 2 1/2 |
| 30  | 0.24 | 1.06 | 4     |
| 50  | 0.39 | 1.76 | 6     |
| 100 | 0.79 | 3.53 | 12    |



### BUTTER

| G   | CUPS | OZ   | TBSP  |
|-----|------|------|-------|
| 10  | 1/24 | 0.35 | 2/3   |
| 20  | 1/12 | 0.71 | 1 1/3 |
| 30  | 1/8  | 1.06 | 2     |
| 50  | 1/5  | 1.76 | 3 1/3 |
| 100 | 1/2  | 3.53 | 6 2/3 |



### SUGAR

| G   | CUPS | OZ   | TBSP |
|-----|------|------|------|
| 10  | 1/21 | 0.35 | 0.5  |
| 20  | 1/11 | 0.71 | 1    |
| 30  | 1/7  | 1.06 | 1.5  |
| 50  | 1/4  | 1.76 | 2    |
| 100 | 1/2  | 3.53 | 5    |



### HONEY

| G   | CUPS | OZ   | TBSP  |
|-----|------|------|-------|
| 10  | 1/36 | 0.35 | 2/3   |
| 20  | 1/18 | 0.71 | 1 1/3 |
| 30  | 1/12 | 1.06 | 2     |
| 50  | 1/7  | 1.76 | 3 1/3 |
| 100 | 1/4  | 3.53 | 6 2/3 |



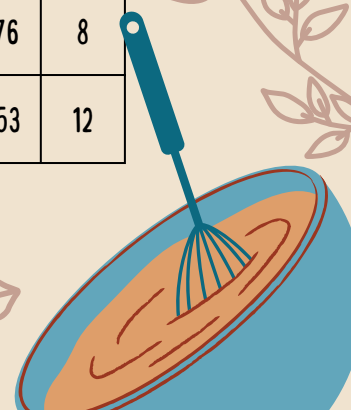
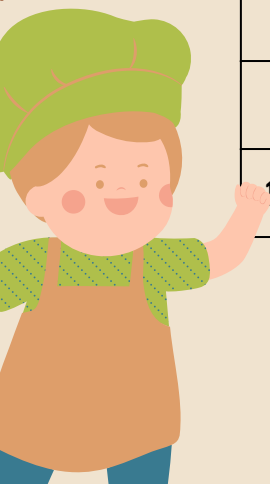
### BROWN SUGAR

| G   | CUPS | OZ   | TBSP  |
|-----|------|------|-------|
| 10  | 1/23 | 0.35 | 2/3   |
| 20  | 1/12 | 0.71 | 1 1/3 |
| 30  | 1/8  | 1.06 | 2     |
| 50  | 1/5  | 1.76 | 3 1/3 |
| 100 | 1/2  | 3.53 | 6 2/3 |



### ICING SUGAR

| G   | CUPS | OZ   | TBSP |
|-----|------|------|------|
| 10  | 1/12 | 0.35 | 2    |
| 20  | 1/6  | 0.71 | 4    |
| 30  | 1/4  | 1.06 | 6    |
| 50  | 1/2  | 1.76 | 8    |
| 100 | 4/5  | 3.53 | 12   |



# GRAMS TO METRIC CUPS

## conversion chart



**BAKING  
POWDER**

| G   | CUPS | OZ   | TBSP |
|-----|------|------|------|
| 10  | 1/24 | 0.35 | 2    |
| 20  | 1/12 | 0.71 | 4    |
| 30  | 1/8  | 1.06 | 6    |
| 50  | 1/5  | 1.76 | 10   |
| 100 | 2/5  | 3.53 | 20   |



**BAKING  
SODA**

| G   | CUPS | OZ   | TBSP |
|-----|------|------|------|
| 10  | 1/29 | 0.35 | 2    |
| 20  | 1/14 | 0.71 | 4    |
| 30  | 1/10 | 1.06 | 6    |
| 50  | 1/6  | 1.76 | 10   |
| 100 | 1/3  | 3.53 | 21   |



**COCOA  
POWDER**

| G   | CUPS  | OZ   | TBSP |
|-----|-------|------|------|
| 10  | 1/11  | 0.35 | 1.5  |
| 20  | 1/5   | 0.71 | 3    |
| 30  | 1/3.5 | 1.06 | 5    |
| 50  | 1/2   | 1.76 | 8    |
| 100 | 1     | 3.53 | 16   |



**OIL**

| G   | CUPS | OZ   | TBSP |
|-----|------|------|------|
| 10  | 1/23 | 0.35 | 1    |
| 20  | 1/12 | 0.71 | 1.5  |
| 30  | 1/8  | 1.06 | 2    |
| 50  | 1/5  | 1.76 | 3.5  |
| 100 | 1/2  | 3.53 | 7    |



**CHOCOLATE  
CHIPS**

| G   | CUPS  | OZ   | TBSP |
|-----|-------|------|------|
| 10  | 1/18  | 0.35 | 1    |
| 20  | 1/9   | 0.71 | 2    |
| 30  | 1/6   | 1.06 | 3    |
| 50  | 1/3.5 | 1.76 | 5    |
| 100 | 1/1.8 | 3.53 | 9    |



**ALMOND  
FLOUR**

| G   | CUPS | OZ   | TBSP |
|-----|------|------|------|
| 10  | 1/12 | 0.35 | 1.5  |
| 20  | 1/6  | 0.71 | 3    |
| 30  | 1/4  | 1.06 | 4.5  |
| 50  | 1/2  | 1.76 | 7    |
| 100 | 1    | 3.53 | 14   |

