

# GRAMS TO CUPS

## conversion chart



### FLOUR

| G   | CUPS | OZ   | TBSP |
|-----|------|------|------|
| 10  | 1/12 | 0.35 | 0.8  |
| 20  | 1/6  | 0.71 | 1.6  |
| 30  | 1/4  | 1.06 | 2.4  |
| 50  | 5/12 | 1.76 | 4    |
| 100 | 5/6  | 3.53 | 8    |



### 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 |



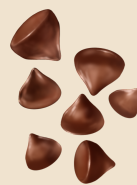
### SUGAR

| G   | CUPS | OZ   | TBSP  |
|-----|------|------|-------|
| 10  | 1/21 | 0.35 | 2/3   |
| 20  | 1/11 | 0.71 | 1 1/3 |
| 30  | 1/7  | 1.06 | 2 1/8 |
| 50  | 1/4  | 1.76 | 3 1/2 |
| 100 | 1/2  | 3.53 | 7     |



### 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 |



### 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    |



### CREAM CHEESE

| G   | CUPS | OZ   | TBSP |
|-----|------|------|------|
| 10  | 1/23 | 0.35 | 0.7  |
| 20  | 1/11 | 0.71 | 1.4  |
| 30  | 1/8  | 1.06 | 2.1  |
| 50  | 0.22 | 1.76 | 3.5  |
| 100 | 0.44 | 3.53 | 7    |

