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