

Weights & Cup Equivalents

Kitchen

What a cup of each common ingredient actually weighs.

Volume is a poor proxy for weight — every ingredient packs differently.

1 cup of	grams	ounces
Water	240 g	8.5 oz
Plain flour	125 g	4.4 oz
Granulated sugar	200 g	7.1 oz
Brown sugar, packed	220 g	7.8 oz
Butter	227 g	8 oz
Rolled oats	90 g	3.2 oz
Rice, uncooked	185 g	6.5 oz
Cocoa powder	85 g	3 oz

1 oz = 28.35 g · 1 lb = 454 g. Scales cost little and remove the whole problem.