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https://annaolson.ca/baking-conversions/

## VOLUME & WEIGHT EQUIVALENCIES

Volume of most liquids (water, juice, milk, cream) are converted by volume from imperial to metric:

- 1 cup = 250 mL
- ¾ cup = 175 mL
- ½ cup = 125 mL
- ⅓ cup = 80 mL
- ¼ cup = 60 mL
- 2 Tbsp = 30 mL

## BUTTER & OTHER FATS

Butter (salted/unsalted)

| | |
|---|---|
| 1 cup | 225 g |
| ½ cup | 115 g |
| ⅓ cup | 75 g |
| ¼ cup | 60 g |
| 2 Tbsp | 30 g |

| | |
|---|---|
| Virgin coconut oil | 1 cup = 225 g |
| Vegetable shortening | 1 cup = 205 g |

## FLOURS

Flours

| | |
|---|---|
| All-purpose flour<br>Bread flour | 1 cup = 150 g |
| | ½ cup = 75 g |
| | ⅓ cup = 50 g |
| | ¼ cup = 37 g |
| Cake & pastry flour | ½ cup = 65 g |
| | ⅓ cup = 45 g |
| | ¼ cup = 32 g |
| Whole wheat flour | 1 cup = 120 g |

Gluten Free Flours

| | |
|---|---|
| Rice flour | 1 cup = 135 g |
| Buckwheat flour | 1 cup = 112 g |
| Coconut flour | 1 cup = 150 g |
| Millet flour | 1 cup = 120 g |
| Sorghum flour | 1 cup = 136 g |

Starches

| | |
|---|---|
| Cornstarch | 1 cup = 120 g<br>1/2 cup = 60 g<br>1/4 cup = 30 g |

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# SUGARS & LIQUID SWEETENERS

## Sugars

| | |
|---|---|
| Granulated sugar | 1 cup = 200 g |
| | ½ cup = 100 g |
| Light Brown sugar | ⅓ cup = 67 g |
| Dark Brown sugar | ¼ cup = 50 g |
| | 2 Tbsp = 25 g |
| Superfine sugar | 1 cup = 225 g |
| Caster sugar | ½ cup = 115 g |
| | ⅓ cup = 70 g |
| | ¼ cup = 60 g |
| | 2 Tbsp = 30 g |
| Icing sugar | 1 cup = 130 g |
| (Powdered sugar or Confectioners' sugar) | ½ cup = 65 g |
| | ⅓ cup = 45 g |
| | ¼ cup = 32 g |
| Coconut palm sugar | 1 cup = 170 g |

## Liquid Sweeteners

| | |
|---|---|
| Honey | 1 cup = 300 g |
| Molasses | 1 cup = 260 g |
| Corn syrup | 1 cup = 325 g |

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## NUTS & SEEDS

| | |
|---|---|
| Ground almonds | 1 cup = 120 g |
| Whole almonds | 1 cup = 160 g |
| Sliced almonds | 1 cup = 110 g |
| Whole hazelnuts | 1 cup = 135 g |
| Pecan halves | 1 cup = 100 g |
| Pecan pieces | 1 cup = 140 g |
| Walnut halves | 1 cup = 100 g |
| Walnut pieces | 1 cup = 140 g |
| Whole peanuts | 1 cup = 110 g |
| Chopped peanuts | 1 cup = 120 g |
| Pumpkin seeds | 1 cup = 120 g |
| Sunflower seeds | 1 cup = 130 g |
| Sesame seeds | 1 cup = 140 g |
| Poppy seeds | 1 cup = 140 g |
| Whole flaxseed | 1 cup = 150 g |
| Ground flaxseed | 1 cup = 135 g |

## FRUITS

Dried Fruits

| | |
|---|---|
| Raisins | 1 cup = 150 g |
| Dried cranberries | 1 cup = 140 g |
| Dried currants | 1 cup = 160 g |
| Dried cherries | 1 cup = 140 g |
| Dried blueberries | 1 cup = 150 g |
| Dried apricots | 1 cup = 130 g |
| Prunes | 1 cup = 150 g |
| Whole dates | 1 cup = 150 g |
| Chopped dates | 1 cup = 150 g |

Fresh Fruits

| | |
|---|---|
| Strawberries (sliced) | 1 cup = 280 g |
| Raspberries | 1 cup = 125 g |
| Blueberries | 1 cup = 125 g |
| Cranberries | 1 cup = 36 g |
| Apples, (peeled & sliced) | 1 cup = 175 g |

Frozen Fruits (still frozen)

| | |
|---|---|
| Raspberries | 1 cup = 150 g |
| Blueberries | 1 cup = 150 g |
| Cranberries | 1 cup = 110 g |

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## OTHER INGREDIENTS

| | |
|---|---|
| Peanut butter | 1 cup = 250 g |
| Almond butter | 1 cup = 240 g |
| Graham crumbs | 1 cup = 125 g |
| Chocolate chips | 1 cup = 175 g |
| Skor toffee bits | 1 cup = 160 g |
| Coconut (flaked or shredded) | 1 cup = 100 g |
| Fresh cranberries | 1 cup = 110 g |
| Pumpkin puree | 1 cup = 250 g |
| Applesauce | 1 cup = 250 g |

## SMALL MEASURE ITEMS

| | |
|---|---|
| Dry yeast | 1 pkg (2 ¼ tsp) = 7 g |
| Gelatin powder | 2 tsp = 7 g = 1 pkg<br>1 tsp = 3.5 g |
| Skim milk powder | 1 Tbsp = 7 g |
| Freshly grated ginger | 1 Tbsp = 6 g |
| Finely grated lemon zest | 1 Tbsp = 6 g |
| Baking powder | 1 tsp = 3 g |
| Baking soda | 1 tsp = 5 g |
| Salt (fine) | 1 tsp = 5 g |
| Cinnamon & other spices (allspice, nutmeg, clove etc) | 1 tsp = 3 g |

## DAIRY

| | |
|---|---|
| Yoghurt | 1 cup = 250 g |
| Sour cream | 1 cup = 250 g |
| Ricotta cheese | 1 cup = 250 g |
| Mascarpone cheese | 1 cup = 240 g |
| Grated Cheddar cheese | 1 cup = 90 g |
| Grated Parmesan cheese | 1 cup = 100 g |
| Condensed Milk | 1 cup = 310 g |

## EGGS

| | |
|---|---|
| 1 large egg (no shell) | 50 g |
| 1 large egg yolk | 20 g |
| 1 large egg white | 30 g |