

US Cups - Conversion Table

INGREDIENT	1 cup	$\frac{3}{4}$ cup	$\frac{2}{3}$ cup	$\frac{1}{2}$ cup	$\frac{1}{3}$ cup	$\frac{1}{4}$ cup	2 tbsp
Flour	120g	90g	80g	60g	40g	30g	15g
Flour (sieved)	110g	80g	70g	55g	35g	27g	13g
Sugar (granulated)	200g	150g	130g	100g	65g	50g	25g
Icing Sugar	100g	75g	70g	50g	35g	25g	13g
Brown Sugar	180g	135g	120g	90g	60g	45g	23g
Cornflour (corn starch)	120g	90g	80g	60g	40g	30g	15g
Rice (uncooked)	190g	140g	125g	95g	65g	48g	24g
Couscous (uncooked)	180g	135g	120g	90g	60g	45g	22g
Oats (uncooked)	90g	65g	60g	45g	30g	22g	11g
Table Salt	300g	230g	200g	150g	100g	75g	40g
Butter	240g	180g	160g	120g	80g	60g	30g
Vegetable Shortening	190g	140g	125g	95g	65g	48g	24g
Nuts (chopped)	150g	110g	100g	75g	50g	40g	20g
Nuts (ground)	120g	90g	80g	60g	40g	30g	15g
Breadcrumbs (fresh)	60g	45g	40g	30g	20g	15g	10g
Breadcrumbs (dry)	150g	110g	100g	75g	50g	40g	20g
Sultanas & Raisins	200g	150g	130g	100g	65g	50g	22g