

Kitchen Conversions Chart

US measurements. Flour and sugar weights use King Arthur Baking references; follow your recipe weights when supplied.

Measure	Equivalent
1 tablespoon	3 teaspoons
1/4 cup	4 tablespoons
1/3 cup	5 tbsp + 1 tsp
1/2 cup	8 tablespoons
1 cup	16 tbsp / 8 US fl oz
1 pint / 1 quart	2 cups / 4 cups
All-purpose flour, 1 cup	120 g, spooned and leveled
Granulated sugar, 1 cup	198 g (about 200 g)

- Fluid ounces measure volume; scale ounces measure weight.
- 1/2 cup flour = 60 g; 1/2 cup sugar = 99 g.
- Spoon flour into the cup and level it. Do not pack it.

Jane’s Note

Follow the ingredient weights in your recipe when they are provided. A cup measures volume, so flour and sugar do not weigh the same.

janesmithlifestyle.co/post/cooking-101-kitchen-measurement-chart