

Flour: cups to grams

Flour	1 cup	½ cup	⅓ cup	¼ cup	1 tbsp
All-purpose	125 g	63 g	42 g	31 g	8 g
Bread	125 g	63 g	42 g	31 g	8 g
Cake	115 g	58 g	38 g	29 g	7 g
Pastry	110 g	55 g	37 g	28 g	7 g
Whole wheat	120 g	60 g	40 g	30 g	8 g
Self-rising	120 g	60 g	40 g	30 g	8 g
Rye	105 g	53 g	35 g	26 g	7 g
Spelt	108 g	54 g	36 g	27 g	7 g
Almond	100 g	50 g	33 g	25 g	6 g
Coconut	120 g	60 g	40 g	30 g	8 g
Oat	95 g	48 g	32 g	24 g	6 g
White rice	150 g	75 g	50 g	38 g	9 g

Mid-range typical values, spooned and levelled. Brands vary; weigh for best results.