

CONVERSION CHART

GRANULATED SUGAR

1/2 cup = 104g
1 cup = 207g
2 cups = 414g

POWDERED SUGAR/ CONFECTIONERS SUGAR

1/2 cup = 58g
1 cup = 115g
4 cups = 460g

BROWN SUGAR

1 cup, unpacked = 144g
1 cup, packed = 225g

ALL PURPOSE FLOUR

1 tbsp = 8g
1 cup = 130g
2 cups = 260g
2 1/2 cups = 352g

BUTTER

1 tbsp = 14g
1/2 cup = 112g
1 cup = 224g

SHORTENING

1/2 cup = 95g
1 cup = 190g

CREAM CHEESE

8 oz = 226g
24 oz = 678g

SOUR CREAM

1/2 cup = 115g

COCOA POWDER

1 tbsp = 7g
1/2 cup = 57g

CHOCOLATE CHIPS

1 cup = 169g = 6 oz

LIQUIDS

Milk/Cream/Water/Oil/Etc.

1 tbsp = 15ml
1/4 cup = 60ml
1 cup = 240ml
2 1/2 cups = 600ml

OTHER HANDY CONVERSIONS

1 tbsp = 3 tsp
1/4 cup = 4 tbsp
1 cup = 16 tbsp = 8 fl oz



LIFE, LOVE *and* SUGAR