CONVERSION CHART
BASIC INGREDIENTS

FLOUR
1 cup flour = 140 grams
3/4 cup flour = 105 grams
1/2 cup flour = 70 grams
1/4 cup flour = 35 grams

*Weights may change according to method used. Above are according to 'dip and sweep' method.

GRANULATED SUGAR
1 cup sugar = 200 grams
3/4 cup sugar = 150 grams
2/3 cup sugar = 135 grams
1/2 cup sugar = 100 grams
1/3 cup sugar = 70 grams
1/4 cup sugar = 50 grams

POWDERED SUGAR
1 cup powdered sugar = 160 grams
3/4 cup powdered sugar = 120 grams
1/2 cup powdered sugar = 80 grams
1/4 cup powdered sugar = 40 grams

*Weights may change according to method used. Above according to 'spoon and level' method.

BUTTER
1 cup butter = 2 sticks = 8 ounces = 230 grams
1/2 cup butter = 1 stick = 4 ounces = 115 grams

HEAVY CREAM
1 cup heavy cream = 235 grams
3/4 cup heavy cream = 175 grams
1/2 cup heavy cream = 115 grams
1/4 cup heavy cream = 60 grams
1 tablespoon heavy cream = 15 grams