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CONVERSIONS

Common Kitchen Measurements (Dals, Spices, Fruits..)

BY RK · MARCH 28, 2014

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Keep a measurement “Cheat



Dulce De Leche Thumbprint Cookies

Roasted Chickpeas and Quinoa Stuffed Bell Peppers

Vegan Tutti Frutti Cake

Granola Fruit Yogurt-Alternative Cup

Summer Veggie Sandwiches with Pesto

Sheet” handy so that you don’t have to shuffle through websites to look for a measurement equivalent.

Wondering what 1 tablespoon chopped mint is equivalent to, this chart provides you with all your day to day daily measurements.

How to make Ganeshji Idol at home for Ganesh Chaturthi

Milk Peda Recipe

INGREDIENT	MEASUREMENT
VEGETABLES	
Coriander, chopped	1 cup = 60 gms
Coriander, chopped	1 tbsp. = 4 gms
Green peas, shelled	1 cup = 160 gms
Mint, chopped	1 cup = 60 gms
Mint, chopped	1 tbsp. = 4 gms
Mushrooms	1 cup = 70 gms
Onions (chopped OR diced)	1 cup = 170 gms
Potatoes (diced OR cubed)	1 cup = 150 gms
Tomatoes Chopped	1 cup = 225 gms



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LENTILS :

All dals	1 cup = 200 gms
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All dry beans	1 cup = 200 gms
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CEREALS :

Rice	1 cup = 200 gms
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Semolina	1 cup = 200 gms
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FLOUR :

Atta (whole wheat flour)	1 cup = 120 gms
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Cornflour	1 cup = 80 gms
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Gramflour	1 cup = 150 gms
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Flour (all purpose)	1 cup = 125 gms
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Breadcrumbs	1 cup = 100 gms
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DAIRY PRODUCTS :

Cheddar cheese (grated)	1 cup = 110 gms
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Cream	1 cup = 240 ml
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Milk	1 cup = 240 ml
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Yogurt	1 cup = 225 gms
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Hung Yogurt	1 cup = 260 gms
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FATS & OILS :

Ghee OR clarified butter	1 cup = 225 gms
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Ghee OR clarified butter	1 tbsp. = 15 gms
Groundnut Oil	1 cup = 220 ml
Groundnut Oil	1 tbsp. = 15 ml
Mustard Oil	1 cup = 220 ml
Mustard Oil	1 tbsp. = 15 ml
SUGAR & SPICES :	
Confectioner's sugar	1 cup = 120 gms
Confectioner's sugar	1 tbsp. = 8 gms
Granulated Sugar	1 cup = 200 gms
Granulated Sugar	1 tbsp. = 12 gms
Ajwain (Oregano)	1 tsp. = 2.5 gms
Ajwain (Oregano)	1 tbsp. = 7.5 gms
Nigella seeds/ onion seeds/ (Kalonji)	1 tsp. = 3.3 gms
Nigella seeds/ onion seeds/ (Kalonji)	1 tbsp. = 10 gms
Black Peppercorns	1 tsp. = 3.3 gms
Black Peppercorns	1 tbsp. = 10 gms
Coriander seeds	1 tsp. = 2 gms
Coriander seeds	1 tbsp. = 6 gms

Cumin seeds	1 tsp. = 3 gms
Cumin seeds	1 tbsp. = 9 gms
Fennel Seeds	1 tsp. = 2.5 gms
Fennel Seeds	1 tbsp. = 7.5 gms
Fenugreek seeds	1 tsp. = 4.5 gms
Kastoori methi (dried fenugreek)	1 tbsp. = 13.5 gms
Melon seeds	1 tbsp. = 12 gms
Melon seeds	1 tsp. = 3.3 gms
Pomegranate seeds	1 tbsp. = 10 gms
Pomegranate seeds	1 tsp. = 3.3 gms
Poppy seeds	1 tbsp. = 10 gms
Poppy seeds	1 tsp. = 3 gms
Sesame seeds	1 tbsp. = 9 gms
Sesame seeds	1 tsp. = 3.5 gms
Sunflower seeds	1 tbsp. = 10.5 gms
Sunflower seeds	1 tsp. = 3.3 gms
All powdered spices	1 tbsp. = 10 gms
All powdered spices	1 tsp. = 5 gms

DRY FRUITS & NUTS :


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Almonds (blanched, peeled)	1 cup = 140 gms
Cashewnuts (peeled)	1 cup = 140 gms
Coconut (grated)	1 cup = 80 gms
Coconut (desiccated)	1 cup = 60 gms
Peanut (shelled, peeled)	1 cup = 140 gms
Pistachio (blanched, peeled)	1 cup = 140 gms
Raisins	1 cup = 145 gms
Walnuts (chopped)	1 cup = 120 gms
PASTES :	
Boiled onion paste	1 cup = 240 gms
Cashewnut paste	1 cup = 250 gms
Coconut paste	1 cup = 260 gms
Fried onion paste	1 cup = 265 gms
Ginger/ garlic paste	1 3/4 tsp. = 10 gms
Ginger/ garlic paste	2 1/2 tsp. = 15 gms
Ginger/ garlic paste	4 tsp. = 25 gms
Ginger/ garlic	5 tsp. = 30 gms

paste	
Ginger/ garlic paste	3 tbsp. = 50 gms
LIQUIDS :	
Lemon juice	1 cup = 240 ml
Water	1 cup = 240 ml


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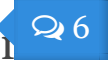



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