

How much does a cup weigh?

Having trouble measuring recipe ingredients? Here's the scoop.

This handy chart will help you convert recipe ingredients from volume to weight and vice versa. You can use it for flour, sugar, butter, nuts, beans, pulses, fruit, vegetables and many other items in your kitchen. In each case, it will give you the weight of one US cup of the ingredient (for other conversions, see the notes near the bottom of the page).

Whatever kind of cooking you prefer, we hope you find this chart useful.

One cup of this ingredient	Weighs approx. this number of ounces	And this number of grams
Alfalfa sprouts	0.75	18
Almonds (ground)	3	75
Almonds (whole)	8	225
Avocado (mashed)	8	225
Barley (pearl, uncooked)	6	175
Beans (aduki / adzuki, dry)	6	175
Beans (green, string)	2.5 - 3.5	60 - 100
Beans (mung / moong, dry)	6	175
Beans (other, dry)	6 - 8	175 - 225
Beansprouts	4	110
Blackberries (whole, fresh)	4	110
Blueberries (whole, fresh)	4	110
Brazil nuts (whole, shelled)	5	150
Breadcrumbs (fresh)	2 - 3	50 - 75
Breadcrumbs (packaged)	4	110
Bulgar / Bulgur wheat (uncooked)	5	150
Butter	8	225
Butter (one stick)	4	110

Cabbage (shredded)	12	340
Carrots (coarsely-grated)	2 - 3	50 - 75
Cashew nuts (whole)	4.5	125
Cashew nuts (chopped)	4	110
Cheese (full-fat cream cheese)	8	225
Cheese (hard, shredded)	2 - 4	50 - 110
Cheese (parmesan, finely shredded)	3.5	100
Cheese (soft)	6 - 8	175 - 225
Chocolate chips	6	175
Cocoa powder	4	110
Coconut (shredded, desiccated)	3	75
Cookie crumbs (biscuit crumbs)	2.5 - 3.5	60 - 100
Corn kernels (fresh or frozen)	4.5	125
Cornflakes	1	25
Cornmeal (maize meal)	5	150
Cornstarch (cornflour)	5	150
Couscous (raw)	6	175
Cranberries	3.5	100
Currants	5	150
Dates (chopped)	5	150
Flour (all-purpose, white, self-raising, etc)	4	110
Flour (buckwheat)	6	175
Flour (potato)	6	175
Flour (rice)	5	150
Flour (rye)	3.5	100
Flour (spelt)	4	110
Flour (wheat, wholemeal)	4.5	125
Golden raisins / sultanas	5	150
Hazelnuts (whole)	6	175
Lentils	5 - 7	150 - 200
Nuts (chopped)	3 - 5.5	110 - 165
Margarine	8	225

Mushrooms (chopped)	3	75
Mushrooms (sliced)	2.5 - 3	60 - 75
Oatmeal (fine)	5.25	155
Oatmeal (medium)	3	75
Onions (chopped)	5	150
Pasta, fusilli (uncooked)	2.5 - 3	60 - 75
Pasta, penne (uncooked)	3 - 3.5	75 - 100
Peanut butter	8 - 10	225 - 300
Peanuts (chopped)	5	150
Peanuts (whole, shelled)	4	110
Peas (fresh or frozen)	4	110
Pecans (chopped kernels)	3.5	100
Polenta (fine ground maize)	5	150
Poppy seeds	4.5	125
Potato (shredded)	8	225
Pumpkin purée	9	250
Raisins	3.5	100
Rice (brown long-grain, raw)	5.5	165
Rice (white long-grain, raw)	5	150
Sesame seeds	4.5	125
Sugar (brown or Demerara)	7	200
Sugar (confectioners / icing)	4.5	125
Sugar (superfine / caster)	6.5	190
Sugar (white / granulated)	7	200
Tomatoes (dice)	6	175
Tofu (mashed)	8	225
Walnut pieces	2.5 - 3.5	60 - 100
Zucchini / courgettes (sliced)	5 - 6	150 - 175

Why do I need this?

Cooks in the USA usually measure recipe ingredients by volume. The rest of the world favors measuring by weight. Since food items vary in density, you can't use a simple arithmetic formula to translate from one to the other.

To take an obvious example, a cup of alfalfa sprouts will weigh much less than one of

sugar. Less obviously, all-purpose white flour weighs less than wheat meal or rye flour. Hence the need for this table.

You should use the table as a rough guide only, as several factors might affect the results: How firmly the flour is packed, how finely the cheese is shredded, and so on. For most recipes, the approximation won't matter. If you're making eggplant parmigiana, for instance, the exact quantity of mozzarella won't be critical (there will be a greater variation in the size of the eggplant). But for other dishes - especially bread, cakes and the like - accuracy is more important.

Note that the chart is based on a standard US cup, which is 240 ml. The metric cup (used in Australia and elsewhere) is about 4% larger.

Other conversions

What if you need to convert between ounces and grams? To do an exact conversion, you would multiply the number of ounces by 28.35. In practice, multiplying by 25 gives a figure that's close enough for most recipes - at least, those that involve small quantities. To convert larger quantities, multiply the number of pounds by 450.

Liquids

In most cases, you won't need to use our table for milk, apple juice, olive oil or other liquids, as most recipes list liquid ingredients by volume. You might occasionally see a recipe that calls for so-many grams of, say, yogurt, but this is rare.

Just keep in mind that a US cup is 240 ml, which is almost exactly eight fluid ounces, a fluid ounce being approximately 30 ml.

By the way, you don't need to worry about any of this if you are using the excellent recipes here on Veg World. These all list their ingredients in cups, imperial and metric.

What else is here?

If you enjoy cooking as much as we do, be sure to browse the rest of our site. We've got recipes for some great vegetarian and vegan main course dishes, snacks, desserts and home baking. There are also articles on good food, cooking techniques and healthy eating. Meantime, we hope you'll find this page useful for working out how much of each ingredient to use when preparing your favorite recipes. Happy cooking.

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