

Cups to Grams Conversion Chart

Approximate conversion for water-like density (1 g \approx 1 ml)

Cups	Grams
1/8 (2 tbsp)	29.57
1/4	59.15
1/3	78.86
1/2	118.29
2/3	157.72
3/4	177.44
1	236.59
1 1/2	354.88
2	473.18
3	709.77
4	945.36

For dry ingredients, weights vary by density. Weigh for precision.