

Flour	
Cup	g
2	250
1 3/4	220
1 1/2	190
1 1/4	155
1	125
3/4	95
2/3	85
1/2	65
1/3	40
1/4	30

Caster sugar	
Cup	g
2	450
1 3/4	395
1 1/2	340
1 1/4	280
1	225
3/4	170
2/3	150
1/2	110
1/3	75
1/4	55

Brown sugar	
Cup	g
2	400
1 3/4	350
1 1/2	300
1 1/4	250
1	200
3/4	150
2/3	135
1/2	100
1/3	65
1/4	50

Icing sugar	
Cup	g
2	250
1 3/4	220
1 1/2	190
1 1/4	155
1	125
3/4	95
2/3	85
1/2	65
1/3	40
1/4	30

Milk/Yogurt	
Cup	g
1	245
3/4	185
2/3	165
1/2	120
1/3	80
1/4	60

Heavy cream	
Cup	g
1	235
3/4	175
2/3	155
1/2	115
1/3	80
1/4	60

Butter		
Cup	Stick	g
1	2	230
3/4	1 1/2	170
2/3	1 1/3	150
1/2	1	115
1/3	2/3	75
1/4	1/2	55

Temperatures	
Fahrenheit	Celsius
200	93
220	104
240	115
260	126
280	138
300	149
310	154
320	160
330	166
340	171
350	177
360	182
370	188
380	193
390	199
400	204
410	210
420	216
430	221
440	227
450	232

Weight		
lb	oz	g
1	16	455
3/4	12	340
2/3	11	300
1/2	8	225
1/3	5	150
1/4	4	115
	3	85
	2	55
	1	30

Volume cups	
Cup	ml
2	475
1 3/4	415
1 2/3	395
1 1/2	355
1 1/3	315
1 1/4	295
1	235
3/4	175
2/3	155
1/2	120
1/3	80
1/4	60

Honey	
Cup	g
1	340
3/4	255
2/3	225
1/2	170
1/3	115
1/4	85

Cocoa	
Cup	g
1	120
3/4	90
2/3	80
1/2	60
1/3	40
1/4	30

Yeast	
fresh	dry
42	14

