Last checked 2026-11-20 · Updated November 20, 2026

Grams per cup chart

QUICK ANSWER

A cup of flour is about 120 g, a cup of granulated sugar about 200 g. Find your ingredient below; where two sources differ, both show.

Ingredient	Grams per US cup	Cup weight, USDA
All-purpose flour	120	125
Bread flour	120	137
Whole wheat flour	113	120
Cake flour	120	137
Rye flour (medium)	106	102
Cornmeal (whole grain)	138	122
Cornstarch	112	128
Almond flour	96	not listed
Granulated sugar	198	200
Brown sugar (packed)	213	220
Powdered sugar	113	120
Honey	336	339
Maple syrup	312	315
Molasses	340	337
Butter	226	227
Vegetable oil	198	218
Olive oil	200	216
Coconut oil	226	218
Vegetable shortening	184	205
Peanut butter	270	258
Water	227	237

Ingredient	Grams per US cup	Cup weight, USDA
Milk (whole)	227	244
Buttermilk	227	245
Heavy cream	227	238
Yogurt (plain, whole milk)	227	245
Sour cream	227	230
Cream cheese	227	232
Cheddar, shredded	113	113
Parmesan, grated	100	100
White rice (long grain, uncooked)	198	185
Rolled oats (old-fashioned)	89	not listed
Cocoa powder (unsweetened)	84	86
Chocolate chips	170	168
Table salt	288	292
Walnuts (chopped)	113	117
Pecans (chopped)	114	109
Almonds (whole)	142	143
Peanuts (shelled)	142	146
Applesauce (unsweetened)	255	244
Banana (mashed)	227	225

Primary value = King Arthur Baking chart scaled to 1 US cup. USDA value = FoodData Central SR Legacy household measure. When they differ both are shown.

Last checked 2026-11-20. Sources: King Arthur Baking ingredient weight chart; USDA FoodData Central household measures.

From MunchCooking, https://munchcooking.com/downloads/grams-per-cup-chart/