

Flour & Sugar Weight Chart

All-Purpose Flour			Granulated Sugar			Powdered Sugar		
Cups	Ounces	Grams	Cups	Ounces	Grams	Cups	Ounces	Grams
0.5	2.125	60	0.5	3.5	99	1	4	113.5
1	4.25	120	1	7	198	2	8	227
1.5	6.375	180	1.5	10.5	297	3	12	340.5
2	8.5	240	2	14	396	4	16	454
2.5	10.625	300	2.5	17.5	495	5	20	567.5
3	12.75	360	3	21	594	6	24	681
3.5	14.875	420	3.5	24.5	693	7	28	794.5
4	17	480	4	28	792	8	32	908
4.5	19.125	540	4.5	31.5	891	9	36	1021.5
5	21.25	600	5	35	990	10	40	1135
5.5	23.375	660	5.5	38.5	1089	11	44	1248.5
6	25.5	720	6	42	1188	12	48	1362
6.5	27.625	780	6.5	45.5	1287	13	52	1475.5
7	29.75	840	7	49	1386	14	56	1589
7.5	31.875	900	7.5	52.5	1485	15	60	1702.5
8	34	960	8	56	1584	16	64	1816
8.5	36.125	1020	8.5	59.5	1683	17	68	1929.5
9	38.25	1080	9	63	1782	18	72	2043
9.5	40.375	1140	9.5	66.5	1881	19	76	2156.5
10	42.5	1200	10	70	1980	20	80	2270
10.5	44.625	1260	10.5	73.5	2079	21	84	2383.5
11	46.75	1320	11	77	2178	22	88	2497
11.5	48.875	1380	11.5	80.5	2277	23	92	2610.5
12	51	1440	12	84	2376	24	96	2724