

4. Common ingredient reference weights per US cup

Ingredient	g / US cup	Ingredient	g / US cup
All-purpose flour	120	Granulated sugar	198
Whole-wheat flour	113	Packed brown sugar	213
Almond flour	96	Confectioners' sugar	113
Rolled oats	89	Unsweetened cocoa	84
Butter	226	Chocolate chips	170
Honey	336	Peanut butter	270

Ingredient weights are practical culinary reference values. Brand, grind, packing method, moisture and temperature can change real-world weights. For precision baking, weigh ingredients directly.

5. Grams to cups and cups to grams

Direction	Formula
Grams to cups	$\text{cups} = \text{grams} / \text{grams per selected cup}$
Cups to grams	$\text{grams} = \text{cups} \times \text{grams per selected cup}$

Useful Solveberry resources

[Ingredient-aware grams to cups converter](#)

[Full international cooking measurement guide](#)

[Ingredient reference CSV](#)

[Open unit definitions dataset](#)

Sources

NIST Guide to the SI Appendix B.8; NIST Metric Kitchen; Food Standards Australia/New Zealand measurement conventions; King Arthur Baking Ingredient Weight Chart. Source links and methodology are maintained on the full Solveberry reference page.

Suggested citation: Solveberry, "International Cooking Measurement Reference," reviewed 14 September 2026.

Free to share and print for reference. Ingredient values remain approximations rather than universal physical constants.