



FLOUR VOLUME-WEIGHT CONVERSION

For consistent baking results, use the chart below as a general reference when converting volume measurements to weight in recipes. Please note these are my own measurements of common flours in my kitchen and are based on the unsifted, scoop-and-level method.

<u>GLUTEN FLOURS</u>	<u>CUP</u>	<u>GRAM</u>	<u>OUNCE</u>
All-purpose flour (unbleached)	1/4	36	1.2
	1/3	54	2.0
	1/2	74	2.6
	2/3	101	3.6
	3/4	121	4.2
	1	161	5.8
.....			
Kamut flour	1/4	41	1.4
	1/3	54	2.0
	1/2	80	2.8
	2/3	109	3.8
	3/4	119	4.2
	1	158	5.6
.....			
Pastry flour (unbleached)	1/4	33	1.2
	1/3	42	1.4
	1/2	60	2.2
	2/3	85	3.0
	3/4	90	3.2
	1	123	4.4
.....			
Soft whole wheat flour	1/4	34	1.2
	1/3	48	2.0
	1/2	71	2.6
	2/3	94	3.4
	3/4	101	3.6
	1	132	4.6
.....			
Spelt flour	1/4	32	1.2
	1/3	48	1.6
	1/2	65	2.2

2/3	93	3.2
3/4	96	3.4
1	128	4.4

Whole wheat flour	1/4	30	1.0
	1/3	40	1.4
	1/2	60	2.1
	2/3	80	2.8
	3/4	90	3.2
	1	120	4.2

<u>GLUTEN-FREE FLOURS</u>	<u>CUP</u>	<u>GRAM</u>	<u>OUNCE</u>
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Almond flour	1/4	28	1.0
	1/3	37	1.4
	1/2	57	2.0
	2/3	76	2.6
	3/4	83	3.0
	1	118	4.2

Arrowroot	1/4	31	1.2
	1/3	40	1.4
	1/2	61	2.2
	2/3	78	2.8
	3/4	88	3.2
	1	121	4.2

Brown rice flour	1/4	38	1.4
	1/3	50	1.8
	1/2	76	2.6
	2/3	102	3.6
	3/4	112	4.0
	1	155	5.6

Buckwheat flour	1/4	38	1.4
	1/3	53	1.8
	1/2	73	2.6
	2/3	104	3.6
	3/4	111	4.0
	1	157	5.6

	<u>CUP</u>	<u>GRAM</u>	<u>OUNCE</u>
Chickpea flour	1/4	25	1.0
	1/3	33	1.2
	1/2	52	1.8
	2/3	67	2.4
	3/4	76	2.8
	1	103	3.6

Coconut flour	1/4	33	1.2
	1/3	45	1.6
	1/2	67	2.4
	2/3	89	3.2
	3/4	101	3.6
	1	132	4.6

Cornstarch	1/4	34	1.2
	1/3	48	1.6
	1/2	68	2.4
	2/3	89	3.2
	3/4	99	3.4
	1	133	4.6

Oat flour	1/4	28	1.0
	1/3	38	1.4
	1/2	55	2.0
	2/3	75	2.6
	3/4	82	2.8
	1	113	4.0

Potato flour	1/4	39	1.4
	1/3	52	1.8
	1/2	78	2.8
	2/3	104	3.6
	3/4	114	4.0
	1	159	5.6

Potato starch	1/4	40	1.4
	1/3	52	1.8
	1/2	79	2.8
	2/3	105	3.8
	3/4	114	4.0
	1	154	5.5

	<u>CUP</u>	<u>GRAM</u>	<u>OUNCE</u>
Quinoa flour	1/4	32	1.2
	1/3	44	1.6
	1/2	67	2.4
	2/3	89	3.2
	3/4	99	3.6
	1	140	5.0
Sorghum flour	1/4	32	1.2
	1/3	42	1.4
	1/2	64	2.2
	2/3	84	3.0
	3/4	95	3.4
	1	130	4.6
Tapioca starch	1/4	34	1.2
	1/3	44	1.6
	1/2	67	2.4
	2/3	87	3.0
	3/4	91	3.2
	1	120	4.2
Teff flour	1/4	40	1.4
	1/3	5.6	2.0
	1/2	81	2.8
	2/3	96	3.4
	3/4	118	4.2
	1	167	5.8
White rice flour	1/4	41	1.4
	1/3	57	2.0
	1/2	84	3.0
	2/3	115	4.0
	3/4	130	4.6
	1	172	6.0