

# CUPS TO GRAMS



1 cup = 200g  
 $\frac{3}{4}$  cup = 94g  
 $\frac{2}{3}$  cup = 83g  
 $\frac{1}{3}$  cup = 42g  
 $\frac{1}{2}$  cup = 62g  
 $\frac{1}{4}$  cup = 31g

1 cup = 125g  
 $\frac{3}{4}$  cup = 94g  
 $\frac{2}{3}$  cup = 83g  
 $\frac{1}{3}$  cup = 42g  
 $\frac{1}{2}$  cup = 62g  
 $\frac{1}{4}$  cup = 31g



1 cup = 227g  
 $\frac{3}{4}$  cup = 170g  
 $\frac{2}{3}$  cup = 150g  
 $\frac{1}{3}$  cup = 75g  
 $\frac{1}{2}$  cup = 113g  
 $\frac{1}{4}$  cup = 56g