

## 2.7.5 Weight/Volume Conversion Chart

This chart was once posted by T. Terrell Banks who got it from a now forgotten source. It was then preserved on William Chuang's Web site.

substance	g/ ml	ml/ g	g/ tsp	g/ Tbsp	g/ floz	g/ cup	cups/ lb	cups/ kg
allspice	0.42	2.36	2.1	6.4	12	100	4.5	10.0
almonds, ground	0.36	2.78	1.8	5.4	10	85	5.3	11.8
almonds, whole	0.72	1.39	3.6	10.8	20	170	2.7	5.9
anchovies	1.02	0.98	5.1	15.3	28	240	1.9	4.2
apples, dried	0.38	2.62	1.9	5.7	10	90	5.0	11.1
apples, sliced	0.76	1.31	3.8	11.4	21	180	2.5	5.6
apricots, dried	0.64	1.57	3.2	9.5	18	150	3.0	6.7
arrowroot	0.95	1.05	4.8	14.3	27	225	2.0	4.4
bacon fat	0.76	1.31	3.8	11.4	21	180	2.5	5.6
baking powder	0.76	1.31	3.8	11.4	21	180	2.5	5.6
baking soda	0.87	1.15	4.3	13.0	24	205	2.2	4.9
bamboo shoots	1.14	0.87	5.7	17.2	32	270	1.7	3.7
bananas, mashed	0.97	1.03	4.9	14.6	27	230	2.0	4.3
bananas, sliced	0.76	1.31	3.8	11.4	21	180	2.5	5.6
barley, uncooked	0.78	1.28	3.9	11.8	22	185	2.5	5.4
basil, dried	0.11	9.44	0.5	1.6	3	25	18.1	40.0
beans, dried	0.85	1.18	4.2	12.7	24	200	2.3	5.0
beef, cooked	0.97	1.03	4.9	14.6	27	230	2.0	4.3
beef, raw	0.93	1.07	4.7	14.0	26	220	2.1	4.5
biscuit mix (Bisquick)	0.55	1.82	2.8	8.3	15	130	3.5	7.7
blue corn meal	0.51	1.97	2.5	7.6	14	120	3.8	8.3
bran, unsifted	0.23	4.29	1.2	3.5	6	55	8.2	18.2
brazil nuts, whole	0.64	1.57	3.2	9.5	18	150	3.0	6.7
bread crumbs, fresh	0.25	3.93	1.3	3.8	7	60	7.6	16.7
bread crumbs, packaged	0.51	1.97	2.5	7.6	14	120	3.8	8.3
buckwheat groats	0.72	1.39	3.6	10.8	20	170	2.7	5.9
butter	0.97	1.03	4.9	14.6	27	230	2.0	4.3
cabbage, shredded	1.44	0.69	7.2	21.6	40	340	1.3	2.9
cake crumbs, fresh	0.38	2.62	1.9	5.7	10	90	5.0	11.1
candied lemon peel	0.57	1.75	2.9	8.6	16	135	3.4	7.4
candied orange peel	0.53	1.89	2.6	7.9	15	125	3.6	8.0

substance	g/ ml	ml/ g	g/ tsp	g/ Tbsp	g/ floz	g/ cup	cups/ lb	cups/ kg
cashews, oil roasted	0.47	2.15	2.3	7.0	13	110	4.1	9.1
cauliflower fleurets	0.97	1.03	4.9	14.6	27	230	2.0	4.3
celery seed	0.51	1.97	2.5	7.6	14	120	3.8	8.3
cereal, Rice Krispies	0.09	10.73	0.5	1.4	2	22	20.6	45.5
cheese, cheddar, grated	0.51	1.97	2.5	7.6	14	120	3.8	8.3
cheese, colby, grated	0.47	2.15	2.3	7.0	13	110	4.1	9.1
cheese, cottage	0.97	1.03	4.9	14.6	27	230	2.0	4.3
cheese, cream	1.02	0.98	5.1	15.3	28	240	1.9	4.2
cheese, grated parmesan	0.76	1.31	3.8	11.4	21	180	2.5	5.6
cheese, jack, grated	0.55	1.82	2.8	8.3	15	130	3.5	7.7
chili powder			2.0					
chives, chopped dried	0.03	29.50	0.2	0.5	0	8	56.7	125.0
chives, chopped fresh	0.21	4.72	1.1	3.2	6	50	9.1	20.0
chocolate chips	0.76	1.31	3.8	11.4	21	180	2.5	5.6
chocolate, cocoa powder	0.47	2.15	2.3	7.0	13	110	4.1	9.1
chocolate, grated	0.42	2.36	2.1	6.4	12	100	4.5	10.0
chocolate, melted	1.02	0.98	5.1	15.3	28	240	1.9	4.2
cinnamon, ground	0.51	1.97	2.5	7.6	14	120	3.8	8.3
cloves, ground	0.40	2.48	2.0	6.0	11	95	4.8	10.5
cloves, whole	0.38	2.62	1.9	5.7	10	90	5.0	11.1
coconut, shredded	0.32	3.15	1.6	4.8	9	75	6.0	13.3
coffee, ground	0.38	2.62	1.9	5.7	10	90	5.0	11.1
coffee, instant	0.23	4.29	1.2	3.5	6	55	8.2	18.2
cornmeal	0.72	1.39	3.6	10.8	20	170	2.7	5.9
cornstarch (cornflour)	0.64	1.57	3.2	9.5	18	150	3.0	6.7
couscous, dry						230		
cracker crumbs	0.25	3.93	1.3	3.8	7	60	7.6	16.7
cranberries	0.42	2.36	2.1	6.4	12	100	4.5	10.0
cream of tartar	0.64	1.57	3.2	9.5	18	150	3.0	6.7
cream of wheat	0.76	1.31	3.8	11.4	21	180	2.5	5.6
crisco, melted	0.89	1.12	4.4	13.3	25	210	2.2	4.8
crisco, solid	0.93	1.07	4.7	14.0	26	220	2.1	4.5
currants	0.64	1.57	3.2	9.5	18	150	3.0	6.7

substance	g/ ml	ml/ g	g/ tsp	g/ Tbsp	g/ floz	g/ cup	cups/ lb	cups/ kg
dates, chopped	0.64	1.57	3.2	9.5	18	150	3.0	6.7
egg noodles	0.38	2.62	1.9	5.7	10	90	5.0	11.1
egg whites	0.93	1.07	4.7	14.0	26	220	2.1	4.5
egg yolks	1.14	0.87	5.7	17.2	32	270	1.7	3.7
eggs, beaten	0.97	1.03	4.9	14.6	27	230	2.0	4.3
evaporated milk	0.93	1.07	4.7	14.0	26	220	2.1	4.5
farina	0.76	1.31	3.8	11.4	21	180	2.5	5.6
figs, dried	0.70	1.43	3.5	10.5	19	165	2.7	6.1
flour, Deaf Smith	0.55	1.82	2.8	8.3	15	130	3.5	7.7
flour, U.K. self-raising	0.47	2.15	2.3	7.0	13	110	4.1	9.1
flour, U.S. all-purpose	0.42	2.36	2.1	6.4	12	100	4.5	10.0
flour, buckwheat	0.72	1.39	3.6	10.8	20	170	2.7	5.9
flour, cake	0.38	2.62	1.9	5.7	10	90	5.0	11.1
flour, legume	0.55	1.82	2.8	8.3	15	130	3.5	7.7
flour, potato	0.72	1.39	3.6	10.8	20	170	2.7	5.9
flour, rice	0.64	1.57	3.2	9.5	18	150	3.0	6.7
flour, rye	0.38	2.62	1.9	5.7	10	90	5.0	11.1
flour, semolina	0.74	1.35	3.7	11.1	21	175	2.6	5.7
flour, wheat bread	0.42	2.36	2.1	6.4	12	100	4.5	10.0
flour, whole wheat	0.55	1.82	2.8	8.3	15	130	3.5	7.7
fungus, wood ear	0.42	2.36	2.1	6.4	12	100	4.5	10.0
garlic	0.68	1.48	3.4	10.2	19	160	2.8	6.3
garlic, minced	0.64	1.57	3.2	9.5	18	150	3.0	6.7
gelatin	0.93	1.07	4.7	14.0	26	220	2.1	4.5
ginger, crystal	1.02	0.98	5.1	15.3	28	240	1.9	4.2
ginger, fresh	0.97	1.03	4.9	14.6	27	230	2.0	4.3
ginger, ground	0.51	1.97	2.5	7.6	14	120	3.8	8.3
graham cracker crumbs	0.38	2.62	1.9	5.7	10	90	5.0	11.1
grape nuts	0.51	1.97	2.5	7.6	14	120	3.8	8.3
gumdrops	0.68	1.48	3.4	10.2	19	160	2.8	6.3
gummi bears	0.64	1.57	3.2	9.5	18	150	3.0	6.7

substance	g/ ml	ml/ g	g/ tsp	g/ Tbsp	g/ floz	g/ cup	cups/ lb	cups/ kg
hazelnuts, whole	0.72	1.39	3.6	10.8	20	170	2.7	5.9
honey	1.44	0.69	7.2	21.6	40	340	1.3	2.9
kasha	0.72	1.39	3.6	10.8	20	170	2.7	5.9
lard	0.93	1.07	4.7	14.0	26	220	2.1	4.5
lemon rind, grated	0.64	1.57	3.2	9.5	18	150	3.0	6.7
lentils	0.85	1.18	4.2	12.7	24	200	2.3	5.0
macaroni, uncooked	0.49	2.05	2.4	7.3	13	115	3.9	8.7
margarine	0.93	1.07	4.7	14.0	26	220	2.1	4.5
marshmallows, small	0.21	4.72	1.1	3.2	6	50	9.1	20.0
mashed potatoes	0.89	1.12	4.4	13.3	25	210	2.2	4.8
mayonnaise	0.93	1.07	4.7	14.0	26	220	2.1	4.5
milk, evaporated	0.93	1.07	4.7	14.0	26	220	2.1	4.5
milk, powdered	0.49	2.05	2.4	7.3	13	115	3.9	8.7
molasses	1.48	0.67	7.4	22.2	42	350	1.3	2.9
mushrooms, Chinese black	0.21	4.72	1.1	3.2	6	50	9.1	20.0
mushrooms, chopped	0.32	3.15	1.6	4.8	9	75	6.0	13.3
mushrooms, sliced	0.28	3.63	1.4	4.1	7	65	7.0	15.4
mushrooms, whole	0.25	3.93	1.3	3.8	7	60	7.6	16.7
mustard seed	0.64	1.57	3.2	9.5	18	150	3.0	6.7
mustard, dry	0.49	2.05	2.4	7.3	13	115	3.9	8.7
mustard, prepared	1.06	0.94	5.3	15.9	30	250	1.8	4.0
oatmeal, uncooked	0.34	2.95	1.7	5.1	9	80	5.7	12.5
oats, rolled	0.34	2.95	1.7	5.1	9	80	5.7	12.5
oats, steel-cut	0.68	1.48	3.4	10.2	19	160	2.8	6.3
oil, vegetable	0.89	1.12	4.4	13.3	25	210	2.2	4.8
olive oil	0.81	1.24	4.0	12.1	22	190	2.4	5.3
olives, chopped	0.76	1.31	3.8	11.4	21	180	2.5	5.6
onion, chopped	0.64	1.57	3.2	9.5	18	150	3.0	6.7
onion, minced	0.85	1.18	4.2	12.7	24	200	2.3	5.0
onion, sliced	0.55	1.82	2.8	8.3	15	130	3.5	7.7
orange rind, grated	0.38	2.62	1.9	5.7	10	90	5.0	11.1

substance	g/ ml	ml/ g	g/ tsp	g/ Tbsp	g/ floz	g/ cup	cups/ lb	cups/ kg
oreo cookies, crushed	0.51	1.97	2.5	7.6	14	120	3.8	8.3
paprika	0.49	2.05	2.4	7.3	13	115	3.9	8.7
parsley, fresh	0.17	5.90	0.8	2.5	4	40	11.3	25.0
pasta, egg noodles	0.38	2.62	1.9	5.7	10	90	5.0	11.1
pasta, macaroni	0.49	2.05	2.4	7.3	13	115	3.9	8.7
peanut butter	0.76	1.31	3.8	11.4	21	180	2.5	5.6
peanuts, chopped	0.68	1.48	3.4	10.2	19	160	2.8	6.3
peanuts, oil roasted	0.64	1.57	3.2	9.5	18	150	3.0	6.7
peas, uncooked	0.64	1.57	3.2	9.5	18	150	3.0	6.7
pecans, chopped	0.51	1.97	2.5	7.6	14	120	3.8	8.3
pecans, ground	0.42	2.36	2.1	6.4	12	100	4.5	10.0
pecans, shelled	0.51	1.97	2.5	7.6	14	120	3.8	8.3
peppercorns, black	0.57	1.75	2.9	8.6	16	135	3.4	7.4
peppercorns, white	0.64	1.57	3.2	9.5	18	150	3.0	6.7
peppers, chopped chili	0.72	1.39	3.6	10.8	20	170	2.7	5.9
pignolias (pine nuts)	0.53	1.89	2.6	7.9	15	125	3.6	8.0
poppy seeds	0.57	1.75	2.9	8.6	16	135	3.4	7.4
potatoes, cooked diced	0.85	1.18	4.2	12.7	24	200	2.3	5.0
potatoes, mashed	0.89	1.12	4.4	13.3	25	210	2.2	4.8
potatoes, sliced raw	0.76	1.31	3.8	11.4	21	180	2.5	5.6
pumpkin, cooked	0.76	1.31	3.8	11.4	21	180	2.5	5.6
raisins	0.64	1.57	3.2	9.5	18	150	3.0	6.7
rice, steamed	0.68	1.48	3.4	10.2	19	160	2.8	6.3
rice, uncooked	0.89	1.12	4.4	13.3	25	210	2.2	4.8
rice, uncooked Basmati	0.83	1.21	4.1	12.4	23	195	2.3	5.1
rice, wild	0.61	1.63	3.1	9.2	17	145	3.1	6.9
salt	1.02	0.98	5.1	15.3	28	240	1.9	4.2
scallions (green onions)	0.21	4.72	1.1	3.2	6	50	9.1	20.0
sesame seeds	0.68	1.48	3.4	10.2	19	160	2.8	6.3
shallots	1.02	0.98	5.1	15.3	28	240	1.9	4.2
sour cream	0.51	1.97	2.5	7.6	14	120	3.8	8.3

substance	g/ ml	ml/ g	g/ tsp	g/ Tbsp	g/ floz	g/ cup	cups/ lb	cups/ kg
spaghetti, uncooked	0.51	1.97	2.5	7.6	14	120	3.8	8.3
spinach, cooked	0.76	1.31	3.8	11.4	21	180	2.5	5.6
split peas	0.85	1.18	4.2	12.7	24	200	2.3	5.0
strawberries	0.64	1.57	3.2	9.5	18	150	3.0	6.7
sugar, brown	0.85	1.18	4.2	12.7	24	200	2.3	5.0
sugar, castor	0.81	1.24	4.0	12.1	22	190	2.4	5.3
sugar, confectioner's	0.55	1.82	2.8	8.3	15	130	3.5	7.7
sugar, granulated	0.81	1.24	4.0	12.1	22	190	2.4	5.3
sugar, powdered	0.55	1.82	2.8	8.3	15	130	3.5	7.7
sultanas	0.64	1.57	3.2	9.5	18	150	3.0	6.7
sweet potatoes, cooked	1.02	0.98	5.1	15.3	28	240	1.9	4.2
sweet potatoes, raw	0.76	1.31	3.8	11.4	21	180	2.5	5.6
syrup, corn	1.48	0.67	7.4	22.2	42	350	1.3	2.9
tea	0.32	3.15	1.6	4.8	9	75	6.0	13.3
tiger lily blossoms	0.17	5.90	0.8	2.5	4	40	11.3	25.0
tomatoes, chopped	0.68	1.48	3.4	10.2	19	160	2.8	6.3
tuna, canned	0.85	1.18	4.2	12.7	24	200	2.3	5.0
turmeric, ground	0.59	1.69	3.0	8.9	16	140	3.2	7.1
vanilla wafers, crushed	0.68	1.48	3.4	10.2	19	160	2.8	6.3
walnuts, chopped	0.49	2.05	2.4	7.3	13	115	3.9	8.7
walnuts, ground	0.36	2.78	1.8	5.4	10	85	5.3	11.8
walnuts, shelled	0.51	1.97	2.5	7.6	14	120	3.8	8.3
water	1.00	1.00	5.0	15.1	28	237	1.9	4.2
wheat germ	0.53	1.89	2.6	7.9	15	125	3.6	8.0
wild rice	0.61	1.63	3.1	9.2	17	145	3.1	6.9
yeast, active dry	1.23	0.81	6.1	18.4	34	290	1.6	3.4