apple sauce	baking soda	blue corn flour	brown sugar	butter	chocolate chips
cups grams	cups grams	cups grams	cups grams	cups grams	cups grams
$\frac{1}{1}$ 265	$\frac{1}{1}$ 255	$\frac{1}{1}$ 128	$\frac{1}{1}$ 212	$\frac{1}{1}$ 227	1 183
$\frac{3}{4}$ 199	$\frac{1}{3/4}$ 191	$\frac{3}{4}$ 96	$\frac{3}{4}$ 159	$\frac{1}{3/4}$ 170	3/4 137
$\frac{3}{4}$ $\frac{133}{177}$	$\frac{3}{4}$ $\frac{131}{170}$	$\frac{3}{2}$ $\frac{3}{3}$ $\frac{3}{85}$	$\frac{3}{4}$ $\frac{163}{141}$	$\frac{3}{4}$ 170 $\frac{2}{3}$ 151	$\frac{3}{4}$ $\frac{13}{122}$
$\frac{2}{3}$ $\frac{1}{1}$ $\frac{1}{2}$ $\frac{1}{32}$	$\frac{2}{3}$ $\frac{1}{3}$ $\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$	$\frac{2}{3}$ $\frac{3}{64}$	$\frac{2}{3}$ $\frac{141}{106}$	$\frac{2}{3}$ $\frac{1}{1}$ $\frac{1}{1}$	$\frac{2}{3}$ $\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$
$\frac{1}{2}$ $\frac{1}{3}$ $\frac{1}{88}$	$\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{3}$ $\frac{1}{3}$ $\frac{1}{3}$	$\frac{1}{2}$ 04 1/3 43	$\frac{1}{2}$ $\frac{1}{3}$ $\frac{71}{71}$	$\frac{1}{2}$ $\frac{1}{4}$ $\frac{1}{3}$ $\frac{76}{6}$	$\frac{1}{2}$ $\frac{32}{61}$
,	,	$\frac{1}{3}$ $\frac{43}{1}$ $\frac{1}{4}$ $\frac{32}{4}$	$\frac{1}{3}$ $\frac{71}{14}$ $\frac{53}{53}$	$\frac{1}{3}$ $\frac{76}{14}$ $\frac{57}{57}$	$\frac{1}{3}$ $\frac{1}{4}$ $\frac{46}{46}$
,	,	<u>'</u>	,	<u>'</u>	, , , , , , , , , , , , , , , , , , ,
tbs grams	tbs grams	tbs grams	tbs grams	tbs grams	tbs grams
4 66	4 64	4 32	4 53	4 57	4 46
3 50	3 48	3 24	3 40	3 43	3 34
2 33	2 32	2 16	2 26	2 28	2 23
1 17 1	1 16	1 8	1 13	1 14	1 11
0000	occount oil		aattama ahaasa	flour	honor
cocoa	coconut oil	corn syrup	cottage cheese		honey
cups grams	cups grams	$\frac{\text{cups}}{1}$ $\frac{\text{grams}}{240}$	cups grams	cups grams	$\frac{\text{cups} \text{grams}}{1}$
1 84	1 226	1 340	1 263	1 150	1 339
$\frac{3}{4}$ 63	$\frac{3}{4}$ 170	$\frac{3}{4}$ 255	3/4 198	$\frac{3}{4}$ 112	3/4 254
$\frac{2}{3}$ 56	$\frac{2}{3}$ 151	$\frac{2}{3}$ $\frac{227}{1}$	$\frac{2}{3}$ 176	$\frac{2}{3}$ 100	$\frac{2}{3}$ $\frac{226}{173}$
1/2 42	1/2 113	1/2 170	1/2 132	1/2 75	1/2 170
1/3 28	1/3 75	1/3 113	1/3 88	1/3 50	1/3 113
1/4 21	1/4 56	1/4 85	1/4 66	1/4 38	1/4 85
$_{ m tbs}$ $_{ m grams}$	$_{ m tbs}$ $_{ m grams}$	$_{ m tbs}$ $_{ m grams}$	$_{ m tbs}$ $_{ m grams}$	$_{ m tbs}$ $_{ m grams}$	$_{ m tbs}$ $_{ m grams}$
4 21	4 56	4 85	4 66	4 38	4 85
$3 \qquad 16$	3 42	$3 \qquad 64$	$3 \qquad 49$	$3 \qquad 28$	$3 \qquad 64$
$2 \qquad 10$	$2 \qquad 28$	2 42	2 33	$2 \qquad 19$	2 42
1 5	$1 \qquad 14$	1 21	1 16	1 9	1 21
ketchup cups grams	mayo cups grams	milk cups grams	peanut butter cups grams	powdered sugar cups grams	sugar cups grams
cups grams	cups grams	cups grams	cups grams	cups grams	cups grams
$\frac{\text{cups grams}}{1}$	$\begin{array}{c c} cups & grams \\ \hline 1 & 216 \end{array}$	$\frac{\text{cups} \text{grams}}{1 245}$	$\frac{\text{cups} \text{grams}}{1 258}$	$\begin{array}{c c} cups & grams \\ \hline 1 & 112 \\ \hline \end{array}$	$\frac{\text{cups} \text{grams}}{1 200}$
$\begin{array}{c c} cups & grams \\ \hline 1 & 264 \\ \hline 3/4 & 198 \\ \end{array}$	$\begin{array}{c c} cups & grams \\ \hline 1 & 216 \\ \hline 3/4 & 162 \\ \end{array}$	$\begin{array}{c c} cups & grams \\ \hline 1 & 245 \\ \hline 3/4 & 184 \\ \end{array}$	cups grams 1 258 3/4 194	cups grams 1 112 3/4 84	$\begin{array}{c c} cups & grams \\ \hline 1 & 200 \\ \hline 3/4 & 150 \\ \end{array}$
cups grams 1 264 3/4 198 2/3 176	cups grams 1 216 3/4 162 2/3 144	cups grams 1 245 3/4 184 2/3 163	cups grams 1 258 3/4 194 2/3 172		$\begin{array}{c c} cups & grams \\ \hline 1 & 200 \\ \hline 3/4 & 150 \\ 2/3 & 133 \\ \end{array}$
cups grams 1 264 3/4 198 2/3 176 1/2 132	cups grams 1 216 3/4 162 2/3 144 1/2 108	cups grams 1 245 3/4 184 2/3 163 1/2 122	cups grams 1 258 3/4 194 2/3 172 1/2 129		$\begin{array}{c c} cups & grams \\ \hline 1 & 200 \\ \hline 3/4 & 150 \\ 2/3 & 133 \\ 1/2 & 100 \\ \end{array}$
cups grams 1 264 3/4 198 2/3 176 1/2 132 1/3 88	cups grams 1 216 3/4 162 2/3 144 1/2 108 1/3 72	cups grams 1 245 3/4 184 2/3 163 1/2 122 1/3 82	cups grams 1 258 3/4 194 2/3 172 1/2 129 1/3 86		$\begin{array}{c c} cups & grams \\ \hline 1 & 200 \\ \hline 3/4 & 150 \\ 2/3 & 133 \\ 1/2 & 100 \\ 1/3 & 67 \\ \hline \end{array}$
cups grams 1 264 3/4 198 2/3 176 1/2 132 1/3 88 1/4 66	cups grams 1 216 3/4 162 2/3 144 1/2 108 1/3 72 1/4 54	cups grams 1 245 3/4 184 2/3 163 1/2 122 1/3 82 1/4 61	cups grams 1 258 3/4 194 2/3 172 1/2 129 1/3 86 1/4 64	cups grams 1 112 3/4 84 2/3 75 1/2 56 1/3 37 1/4 28	$\begin{array}{c c} \text{cups} & \text{grams} \\ \hline 1 & 200 \\ 3/4 & 150 \\ 2/3 & 133 \\ 1/2 & 100 \\ 1/3 & 67 \\ 1/4 & 50 \\ \end{array}$
cups grams 1 264 3/4 198 2/3 176 1/2 132 1/3 88 1/4 66 tbs grams	cups grams 1 216 3/4 162 2/3 144 1/2 108 1/3 72 1/4 54 tbs grams	cups grams 1 245 3/4 184 2/3 163 1/2 122 1/3 82 1/4 61 tbs grams	cups grams 1 258 3/4 194 2/3 172 1/2 129 1/3 86 1/4 64 tbs grams	cups grams 1 112 3/4 84 2/3 75 1/2 56 1/3 37 1/4 28 tbs grams	cups grams 1 200 3/4 150 2/3 133 1/2 100 1/3 67 1/4 50 tbs grams
cups grams 1 264 3/4 198 2/3 176 1/2 132 1/3 88 1/4 66 tbs grams 4 66	cups grams 1 216 3/4 162 2/3 144 1/2 108 1/3 72 1/4 54 tbs grams 4 54	cups grams 1 245 3/4 184 2/3 163 1/2 122 1/3 82 1/4 61 tbs grams 4 61	cups grams 1 258 3/4 194 2/3 172 1/2 129 1/3 86 1/4 64 tbs grams 4 64	cups grams 1 112 3/4 84 2/3 75 1/2 56 1/3 37 1/4 28 tbs grams 4 28	cups grams 1 200 3/4 150 2/3 133 1/2 100 1/3 67 1/4 50 tbs grams 4 50
cups grams 1 264 3/4 198 2/3 176 1/2 132 1/3 88 1/4 66 tbs grams 4 66 3 50	cups grams 1 216 3/4 162 2/3 144 1/2 108 1/3 72 1/4 54 tbs grams 4 54 3 40	cups grams 1 245 3/4 184 2/3 163 1/2 122 1/3 82 1/4 61 tbs grams 4 61 3 46	cups grams 1 258 3/4 194 2/3 172 1/2 129 1/3 86 1/4 64 tbs grams 4 64 3 48	cups grams 1 112 3/4 84 2/3 75 1/2 56 1/3 37 1/4 28 tbs grams 4 28 3 21	cups grams 1 200 3/4 150 2/3 133 1/2 100 1/3 67 1/4 50 tbs grams 4 50 3 38
cups grams 1 264 3/4 198 2/3 176 1/2 132 1/3 88 1/4 66 tbs grams 4 66 3 50 2 33	cups grams 1 216 3/4 162 2/3 144 1/2 108 1/3 72 1/4 54 tbs grams 4 54 3 40 2 27	cups grams 1 245 3/4 184 2/3 163 1/2 122 1/3 82 1/4 61 tbs grams 4 61 3 46 2 31	cups grams 1 258 3/4 194 2/3 172 1/2 129 1/3 86 1/4 64 tbs grams 4 64 3 48 2 32	cups grams 1 112 3/4 84 2/3 75 1/2 56 1/3 37 1/4 28 tbs grams 4 28 3 21 2 14	$\begin{array}{c cccc} cups & grams \\ \hline 1 & 200 \\ 3/4 & 150 \\ 2/3 & 133 \\ 1/2 & 100 \\ 1/3 & 67 \\ 1/4 & 50 \\ tbs & grams \\ 4 & 50 \\ 3 & 38 \\ 2 & 25 \\ \hline \end{array}$
cups grams 1 264 3/4 198 2/3 176 1/2 132 1/3 88 1/4 66 tbs grams 4 66 3 50	cups grams 1 216 3/4 162 2/3 144 1/2 108 1/3 72 1/4 54 tbs grams 4 54 3 40	cups grams 1 245 3/4 184 2/3 163 1/2 122 1/3 82 1/4 61 tbs grams 4 61 3 46	cups grams 1 258 3/4 194 2/3 172 1/2 129 1/3 86 1/4 64 tbs grams 4 64 3 48	cups grams 1 112 3/4 84 2/3 75 1/2 56 1/3 37 1/4 28 tbs grams 4 28 3 21	cups grams 1 200 3/4 150 2/3 133 1/2 100 1/3 67 1/4 50 tbs grams 4 50 3 38
cups grams 1 264 3/4 198 2/3 176 1/2 132 1/3 88 1/4 66 tbs grams 4 66 3 50 2 33	cups grams 1 216 3/4 162 2/3 144 1/2 108 1/3 72 1/4 54 tbs grams 4 54 3 40 2 27	cups grams 1 245 3/4 184 2/3 163 1/2 122 1/3 82 1/4 61 tbs grams 4 61 3 46 2 31 1 15	cups grams 1 258 3/4 194 2/3 172 1/2 129 1/3 86 1/4 64 tbs grams 4 64 3 48 2 32	cups grams 1 112 3/4 84 2/3 75 1/2 56 1/3 37 1/4 28 tbs grams 4 28 3 21 2 14	cups grams 1 200 3/4 150 2/3 133 1/2 100 1/3 67 1/4 50 tbs grams 4 50 3 38 2 25
cups grams 1 264 3/4 198 2/3 176 1/2 132 1/3 88 1/4 66 tbs grams 4 66 3 50 2 33 1 16 vegetable oil	cups grams 1 216 3/4 162 2/3 144 1/2 108 1/3 72 1/4 54 tbs grams 4 54 3 40 2 27 1 14 water	cups grams 1 245 3/4 184 2/3 163 1/2 122 1/3 82 1/4 61 tbs grams 4 61 3 46 2 31	cups grams 1 258 3/4 194 2/3 172 1/2 129 1/3 86 1/4 64 tbs grams 4 64 3 48 2 32 1 16	cups grams 1 112 3/4 84 2/3 75 1/2 56 1/3 37 1/4 28 tbs grams 4 28 3 21 2 14 1 7	cups grams 1 200 3/4 150 2/3 133 1/2 100 1/3 67 1/4 50 tbs grams 4 50 3 38 2 25 1 12
cups grams 1 264 3/4 198 2/3 176 1/2 132 1/3 88 1/4 66 tbs grams 4 66 3 50 2 33 1 16 vegetable oil cups	cups grams 1 216 3/4 162 2/3 144 1/2 108 1/3 72 1/4 54 tbs grams 4 54 3 40 2 27 1 14 water cups grams	cups grams 1 245 3/4 184 2/3 163 1/2 122 1/3 82 1/4 61 tbs grams 4 61 3 46 2 31 1 15 yogurt cups grams	cups grams 1 258 3/4 194 2/3 172 1/2 129 1/3 86 1/4 64 tbs grams 4 64 3 48 2 32 1 16 weight ounces grams	cups grams 1 112 3/4 84 2/3 75 1/2 56 1/3 37 1/4 28 tbs grams 4 28 3 21 2 14 1 7 temperature F C	cups grams 1 200 3/4 150 2/3 133 1/2 100 1/3 67 1/4 50 tbs grams 4 50 3 38 2 25 1 12 temperature F C
cups grams 1 264 3/4 198 2/3 176 1/2 132 1/3 88 1/4 66 3 50 2 33 1 16 vegetable oil cups grams 1 220 2	cups grams 1 216 3/4 162 2/3 144 1/2 108 1/3 72 1/4 54 tbs grams 4 54 3 40 2 27 1 14 water cups grams 1 237	cups grams 1 245 3/4 184 2/3 163 1/2 122 1/3 82 1/4 61 tbs grams 4 61 3 46 2 31 1 15 yogurt cups grams 1 244	cups grams 1 258 3/4 194 2/3 172 1/2 129 1/3 86 1/4 64 tbs grams 4 64 3 48 2 32 1 16 weight ounces grams 16 454		cups grams 1 200 3/4 150 2/3 133 1/2 100 1/3 67 1/4 50 tbs grams 4 50 3 38 2 25 1 12 temperature F C 100 38
cups grams 1 264 3/4 198 2/3 176 1/2 132 1/3 88 1/4 66 tbs grams 4 66 3 50 2 33 1 16 vegetable oil cups grams 1 220 3/4 165	cups grams 1 216 3/4 162 2/3 144 1/2 108 1/3 72 1/4 54 tbs grams 4 54 3 40 2 27 1 14 water cups grams 1 237 3/4 178	cups grams 1 245 3/4 184 2/3 163 1/2 122 1/3 82 1/4 61 tbs grams 4 61 3 46 2 31 1 15 yogurt cups grams 1 244 3/4 183	cups grams 1 258 3/4 194 2/3 172 1/2 129 1/3 86 1/4 64 tbs grams 4 64 3 48 2 32 1 16 weight ounces grams 16 454 12 340		cups grams 1 200 3/4 150 2/3 133 1/2 100 1/3 67 1/4 50 tbs grams 4 50 3 38 2 25 1 12 temperature F C 100 38 150 66
cups grams 1 264 3/4 198 2/3 176 1/2 132 1/3 88 1/4 66 tbs grams 4 66 3 50 2 33 1 16 vegetable oil cups grams 1 220 3/4 165 2/3 147	cups grams 1 216 3/4 162 2/3 144 1/2 108 1/3 72 1/4 54 tbs grams 4 54 3 40 2 27 1 14 water cups grams 1 237 3/4 178 2/3 158 158	cups grams 1 245 3/4 184 2/3 163 1/2 122 1/3 82 1/4 61 tbs grams 4 61 3 46 2 31 1 15 yogurt cups grams 1 244 3/4 183 2/3 163	cups grams 1 258 3/4 194 2/3 172 1/2 129 1/3 86 1/4 64 tbs grams 4 64 3 48 2 32 1 16 weight ounces grams 16 454 12 340 8 227	$\begin{array}{c cccc} cups & grams \\ \hline 1 & 112 \\ 3/4 & 84 \\ 2/3 & 75 \\ 1/2 & 56 \\ 1/3 & 37 \\ 1/4 & 28 \\ tbs & grams \\ 4 & 28 \\ 3 & 21 \\ 2 & 14 \\ 1 & 7 \\ \hline \\ temperature \\ \hline F & C \\ \hline 0 & -18 \\ 10 & -12 \\ 20 & -7 \\ \hline \end{array}$	cups grams 1 200 3/4 150 2/3 133 1/2 100 1/3 67 1/4 50 tbs grams 4 50 3 38 2 25 1 12 temperature F C 100 38 150 66 200 93
cups grams 1 264 3/4 198 2/3 176 1/2 132 1/3 88 1/4 66 tbs grams 4 66 3 50 2 33 1 16 vegetable oil cups grams 1 220 3/4 165 2/3 147 1/2 110	cups grams 1 216 3/4 162 2/3 144 1/2 108 1/3 72 1/4 54 tbs grams 4 54 3 40 2 27 1 14 water cups cups grams 1 237 3/4 178 2/3 158 1/2 118	cups grams 1 245 3/4 184 2/3 163 1/2 122 1/3 82 1/4 61 tbs grams 4 61 3 46 2 31 1 15 yogurt cups grams 1 244 3/4 183 2/3 163 1/2 122	cups grams 1 258 3/4 194 2/3 172 1/2 129 1/3 86 1/4 64 tbs grams 4 64 3 48 2 32 1 16 weight ounces grams 16 454 12 340 8 227 4 113	$\begin{array}{c cccc} cups & grams \\ \hline 1 & 112 \\ 3/4 & 84 \\ 2/3 & 75 \\ 1/2 & 56 \\ 1/3 & 37 \\ 1/4 & 28 \\ tbs & grams \\ 4 & 28 \\ 3 & 21 \\ 2 & 14 \\ 1 & 7 \\ \hline \\ temperature \\ \hline F & C \\ \hline 0 & -18 \\ 10 & -12 \\ 20 & -7 \\ 32 & 0 \\ \hline \end{array}$	cups grams 1 200 3/4 150 2/3 133 1/2 100 1/3 67 1/4 50 tbs grams 4 50 3 38 2 25 1 12 temperature F C 100 38 150 66 200 93 250 121
cups grams 1 264 3/4 198 2/3 176 1/2 132 1/3 88 1/4 66 tbs grams 4 66 3 50 2 33 1 16 vegetable oil cups grams 1 220 3/4 165 2/3 147 1/2 110 1/3 73	cups grams 1 216 3/4 162 2/3 144 1/2 108 1/3 72 1/4 54 tbs grams 4 54 3 40 2 27 1 14 water cups cups grams 1 237 3/4 178 2/3 158 1/2 118 1/3 79	cups grams 1 245 3/4 184 2/3 163 1/2 122 1/3 82 1/4 61 tbs grams 4 61 3 46 2 31 1 15 yogurt cups grams 1 244 3/4 183 2/3 163 1/2 122 1/3 81	cups grams 1 258 3/4 194 2/3 172 1/2 129 1/3 86 1/4 64 tbs grams 4 64 3 48 2 32 1 16 weight ounces grams 16 454 12 340 8 227 4 113 3 85	$\begin{array}{c cccc} cups & grams \\ \hline 1 & 112 \\ 3/4 & 84 \\ 2/3 & 75 \\ 1/2 & 56 \\ 1/3 & 37 \\ 1/4 & 28 \\ tbs & grams \\ 4 & 28 \\ 3 & 21 \\ 2 & 14 \\ 1 & 7 \\ \hline \\ temperature \\ \hline F & C \\ \hline 0 & -18 \\ 10 & -12 \\ 20 & -7 \\ 32 & 0 \\ 40 & 4 \\ \hline \end{array}$	cups grams 1 200 3/4 150 2/3 133 1/2 100 1/3 67 1/4 50 tbs grams 4 50 3 38 2 25 1 12 temperature F C 100 38 150 66 200 93 250 121 300 149
cups grams 1 264 3/4 198 2/3 176 1/2 132 1/3 88 1/4 66 tbs grams 4 66 3 50 2 33 1 16 vegetable oil cups grams 1 220 3/4 165 2/3 147 1/2 110 1/3 73 1/4 55	cups grams 1 216 3/4 162 2/3 144 1/2 108 1/3 72 1/4 54 tbs grams 4 54 3 40 2 27 1 14 water cups grams 1 237 3/4 178 2/3 158 1/2 118 1/3 79 1/4 59	cups grams 1 245 3/4 184 2/3 163 1/2 122 1/3 82 1/4 61 tbs grams 4 61 3 46 2 31 1 15 yogurt cups grams 1 244 3/4 183 2/3 163 1/2 122 1/3 81 1/4 61	cups grams 1 258 3/4 194 2/3 172 1/2 129 1/3 86 1/4 64 tbs grams 4 64 3 48 2 32 1 16 weight ounces grams 16 454 12 340 8 227 4 113 3 85 2 57	$\begin{array}{c cccc} cups & grams \\ \hline 1 & 112 \\ 3/4 & 84 \\ 2/3 & 75 \\ 1/2 & 56 \\ 1/3 & 37 \\ 1/4 & 28 \\ tbs & grams \\ 4 & 28 \\ 3 & 21 \\ 2 & 14 \\ 1 & 7 \\ \hline \\ \hline \\ temperature \\ \hline F & C \\ \hline 0 & -18 \\ 10 & -12 \\ 20 & -7 \\ 32 & 0 \\ 40 & 4 \\ 50 & 10 \\ \hline \end{array}$	cups grams 1 200 3/4 150 2/3 133 1/2 100 1/3 67 1/4 50 tbs grams 4 50 3 38 2 25 1 12 temperature F C 100 38 150 66 200 93 250 121 300 149 325 163
cups grams 1 264 3/4 198 2/3 176 1/2 132 1/3 88 1/4 66 3 50 2 33 1 16 vegetable oil cups grams 1 220 3/4 165 2/3 147 1/2 110 1/3 73 1/4 55 tbs grams	cups grams 1 216 3/4 162 2/3 144 1/2 108 1/3 72 1/4 54 tbs grams 4 54 3 40 2 27 1 14 water cups cups grams 1 237 3/4 178 2/3 158 1/2 118 1/3 79 1/4 59 tbs grams	cups grams 1 245 3/4 184 2/3 163 1/2 122 1/3 82 1/4 61 tbs grams 4 61 3 46 2 31 1 15 yogurt cups grams 1 244 3/4 183 2/3 163 1/2 122 1/3 81 1/4 61 tbs grams	cups grams 1 258 3/4 194 2/3 172 1/2 129 1/3 86 1/4 64 tbs grams 4 64 3 48 2 32 1 16 weight ounces grams 16 454 12 340 8 227 4 113 3 85 2 57 1 28	$\begin{array}{c cccc} \text{cups} & \text{grams} \\ \hline 1 & 112 \\ 3/4 & 84 \\ 2/3 & 75 \\ 1/2 & 56 \\ 1/3 & 37 \\ 1/4 & 28 \\ \text{tbs} & \text{grams} \\ 4 & 28 \\ 3 & 21 \\ 2 & 14 \\ 1 & 7 \\ \hline \\ & & \\ \hline & & \\ \hline$	cups grams 1 200 3/4 150 2/3 133 1/2 100 1/3 67 1/4 50 tbs grams 4 50 3 38 2 25 1 12 temperature F C 100 38 150 66 200 93 250 121 300 149 325 163 350 177
cups grams 1 264 3/4 198 2/3 176 1/2 132 1/3 88 1/4 66 3 50 2 33 1 16 vegetable oil cups grams 1 220 3/4 165 2/3 147 1/2 110 1/3 73 1/4 55 tbs grams 4 55	cups grams 1 216 3/4 162 2/3 144 1/2 108 1/3 72 1/4 54 tbs grams 4 54 3 40 2 27 1 14 water cups grams 1 237 3/4 178 2/3 158 1/2 118 1/3 79 1/4 59 tbs grams 4 59	cups grams 1 245 3/4 184 2/3 163 1/2 122 1/3 82 1/4 61 tbs grams 4 61 3 46 2 31 1 15 yogurt cups grams 1 244 3/4 183 2/3 163 1/2 122 1/3 81 1/4 61 tbs grams 4 61	cups grams 1 258 3/4 194 2/3 172 1/2 129 1/3 86 1/4 64 tbs grams 4 64 3 48 2 32 1 16 weight ounces grams 16 454 12 340 8 227 4 113 3 85 2 57 1 28 2/3 19	$\begin{array}{c cccc} \text{cups} & \text{grams} \\ \hline 1 & 112 \\ 3/4 & 84 \\ 2/3 & 75 \\ 1/2 & 56 \\ 1/3 & 37 \\ 1/4 & 28 \\ \text{tbs} & \text{grams} \\ 4 & 28 \\ 3 & 21 \\ 2 & 14 \\ 1 & 7 \\ \hline \\ & & \\ \hline & & \\ \hline$	cups grams 1 200 3/4 150 2/3 133 1/2 100 1/3 67 1/4 50 tbs grams 4 50 3 38 2 25 1 12 temperature F C 100 38 150 66 200 93 250 121 300 149 325 163 350 177 375 191
cups grams 1 264 3/4 198 2/3 176 1/2 132 1/3 88 1/4 66 tbs grams 4 66 3 50 2 33 1 16 vegetable oil cups grams 1 220 3/4 165 2/3 147 1/2 110 1/3 73 1/4 55 tbs grams 4 55 3 41	cups grams 1 216 3/4 162 2/3 144 1/2 108 1/3 72 1/4 54 tbs grams 4 54 3 40 2 27 1 14 water cups grams 1 237 3/4 178 2/3 158 1/2 118 1/3 79 1/4 59 tbs grams 4 59 3 44	cups grams 1 245 3/4 184 2/3 163 1/2 122 1/3 82 1/4 61 tbs grams 4 61 3 46 2 31 1 15 yogurt cups grams 1 244 3/4 183 2/3 163 1/2 122 1/3 81 1/4 61 tbs grams 4 61 3 46	cups grams 1 258 3/4 194 2/3 172 1/2 129 1/3 86 1/4 64 tbs grams 4 64 3 48 2 32 1 16 weight ounces grams 16 454 12 340 8 227 4 113 3 85 2 57 1 28 2/3 19 1/2 14	$\begin{array}{c cccc} \text{cups} & \text{grams} \\ \hline 1 & 112 \\ 3/4 & 84 \\ 2/3 & 75 \\ 1/2 & 56 \\ 1/3 & 37 \\ 1/4 & 28 \\ \text{tbs} & \text{grams} \\ 4 & 28 \\ 3 & 21 \\ 2 & 14 \\ 1 & 7 \\ \hline \\ & & \\ \hline & & \\ \hline$	cups grams 1 200 3/4 150 2/3 133 1/2 100 1/3 67 1/4 50 tbs grams 4 50 3 38 2 25 1 12 temperature F C 100 38 150 66 200 93 250 121 300 149 325 163 350 177 375 191 400 204
cups grams 1 264 3/4 198 2/3 176 1/2 132 1/3 88 1/4 66 tbs grams 4 66 3 50 2 33 1 16 vegetable oil cups grams 1 220 3/4 165 2/3 147 1/2 110 1/3 73 1/4 55 tbs grams 4 55 3 41 2 28	cups grams 1 216 3/4 162 2/3 144 1/2 108 1/3 72 1/4 54 tbs grams 4 54 3 40 2 27 1 14 water cups grams 1 237 3/4 178 2/3 158 1/2 118 1/3 79 1/4 59 3 44 2 30	cups grams 1 245 3/4 184 2/3 163 1/2 122 1/3 82 1/4 61 tbs grams 4 61 3 46 2 31 1 15 yogurt cups grams 1 244 3/4 183 2/3 163 1/2 122 1/3 81 1/4 61 tbs grams 4 61 3 46 2 30	cups grams 1 258 3/4 194 2/3 172 1/2 129 1/3 86 1/4 64 tbs grams 4 64 3 48 2 32 1 16 weight ounces grams 16 454 12 340 8 227 4 113 3 85 2 57 1 28 2/3 19 1/2 14 1/3 9	cups grams 1 112 3/4 84 2/3 75 1/2 56 1/3 37 1/4 28 tbs grams 4 28 3 21 2 14 1 7 temperature F C 0 0 -18 10 -12 20 -7 32 0 40 4 50 10 60 16 70 21 80 27 90 32	cups grams 1 200 3/4 150 2/3 133 1/2 100 1/3 67 1/4 50 tbs grams 4 50 3 38 2 25 1 12 temperature F C 100 38 150 66 200 93 250 121 300 350 177 375 191 400 204 450 232
cups grams 1 264 3/4 198 2/3 176 1/2 132 1/3 88 1/4 66 tbs grams 4 66 3 50 2 33 1 16 vegetable oil cups grams 1 220 3/4 165 2/3 147 1/2 110 1/3 73 1/4 55 tbs grams 4 55 3 41	cups grams 1 216 3/4 162 2/3 144 1/2 108 1/3 72 1/4 54 tbs grams 4 54 3 40 2 27 1 14 water cups grams 1 237 3/4 178 2/3 158 1/2 118 1/3 79 1/4 59 tbs grams 4 59 3 44	cups grams 1 245 3/4 184 2/3 163 1/2 122 1/3 82 1/4 61 tbs grams 4 61 3 46 2 31 1 15 yogurt cups grams 1 244 3/4 183 2/3 163 1/2 122 1/3 81 1/4 61 tbs grams 4 61 3 46	cups grams 1 258 3/4 194 2/3 172 1/2 129 1/3 86 1/4 64 tbs grams 4 64 3 48 2 32 1 16 weight ounces grams 16 454 12 340 8 227 4 113 3 85 2 57 1 28 2/3 19 1/2 14	$\begin{array}{c cccc} \text{cups} & \text{grams} \\ \hline 1 & 112 \\ 3/4 & 84 \\ 2/3 & 75 \\ 1/2 & 56 \\ 1/3 & 37 \\ 1/4 & 28 \\ \text{tbs} & \text{grams} \\ 4 & 28 \\ 3 & 21 \\ 2 & 14 \\ 1 & 7 \\ \hline \\ & & \\ \hline & & \\ \hline$	cups grams 1 200 3/4 150 2/3 133 1/2 100 1/3 67 1/4 50 tbs grams 4 50 3 38 2 25 1 12 temperature F C 100 38 150 66 200 93 250 121 300 149 325 163 350 177 375 191 400 204