DRY INGREDIENT EQUIVALENTS:

1 Tablespoon = 3 teaspoons
1/8 cup = 2 Tablespoons
1/4 cup = 4 Tablespoons
1/3 cup = 5-1/3 Tablespoons
1/2 cup = 8 Tablespoons
2/3 cup = 10 and 2/3 Tablespoons
3/4 cup = 12 Tablespoons
1 cup = 16 Tablespoons

LIQUID INGREDIENT EQUIVALENTS:

1 cup = 8 fluid ounces = 1/2 pint
2 cups = 16 fluid ounces = 1 pint
4 cups = 32 fluid ounces = 2 pints = 1 quart
8 cups = 64 fluid ounces = 4 pints
4 quarts = 128 fluid ounces = 1 gallon
FLOURS
1 cup all-purpose flour = 125 grams (4 1/2 ounces)
1 cup sifted all-purpose flour = 115 grams (4 ounces)
1 cup bread flour = 130 grams (4 1/2 ounces)
1 cup sifted bread flour = 121 grams (4 1/4 ounces)
1 cup cake flour = 115 grams (4 ounces)
1 cup sifted cake flour = 100 grams (3 1/2 ounces)

SUGARS
1 cup granulated sugar = 200 grams (7 1/2 ounces)
1 cup (packed) brown sugar = 200 grams (7 1/2 ounces)
1 cup confectioners’ sugar = 120 grams (4 1/4 ounces)
1 cup sifted confectioners’ sugar = 115 grams (4 ounces)

LIQUID SWEETENERS
1 Tablespoon honey = 21 grams (3/4 ounce)
1/2 cup maple syrup = 156 grams (5 1/2 ounces)
1/4 cup molasses = 85 grams (3 ounces)

SEMI-LIQUIDS
1/2 cup peanut butter = 135 grams (4 3/4 ounces)
1 cup sour cream or yogurt = 227 grams (8 ounces)

OTHER
1 cup milk = 227 grams (240ml; 8 ounces)
1/2 cup butter = 1 stick = 115 grams (4 ounces)
1/4 cup cornstarch = 28 grams (1 ounce)
1 cup chocolate chips = 180 grams (6 1/4 ounces)
1/2 cup natural unsweetened cocoa powder = 41 grams (1.6 ounces)
1 cup oats = 85 grams (3 ounces)