**US Cups Conversion Table**

If you would like to use the American "cups" method of measurement, the table below can be used as a conversion guideline for non- liquid ingredients.

Officially, a US Cup is 240ml (or 8.45 imperial fluid ounces.) This is slightly different from an Australian, Canadian and South African Cup which is 250ml. As long as you use the same cup for measuring out each of your ingredients, the proportions should work out the same.

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Ingredient** | **1 cup** | **¾ cup** | **⅔ cup** | **½ cup** | **⅓ cup** | **¼ cup** | **2 tbsp** |
| Flour | 120g | 90g | 80g | 60g | 40g | 30g | 15g |
| Flour (sieved) | 110g | 80g | 70g | 55g | 35g | 27g | 13g |
| Sugar (granulated) | 200g | 150g | 130g | 100g | 65g | 50g | 25g |
| Icing Sugar | 100g | 75g | 70g | 50g | 35g | 25g | 13g |
| Brown Sugar | 180g | 135g | 120g | 90g | 60g | 45g | 23g |
| Cornflour (corn starch) | 120g | 90g | 80g | 60g | 40g | 30g | 15g |
| Rice (uncooked) | 190g | 140g | 125g | 95g | 65g | 48g | 24g |
| Couscous (uncooked) | 180g | 135g | 120g | 90g | 60g | 45g | 22g |
| Oats (uncooked) | 90g | 65g | 60g | 45g | 30g | 22g | 11g |
| Table Salt | 300g | 230g | 200g | 150g | 100g | 75g | 40g |
| Butter | 240g | 180g | 160g | 120g | 80g | 60g | 30g |
| Vegetable Shortening | 190g | 140g | 125g | 95g | 65g | 48g | 24g |
| Nuts (chopped) | 150g | 110g | 100g | 75g | 50g | 40g | 20g |
| Nuts (ground) | 120g | 90g | 80g | 60g | 40g | 30g | 15g |
| Breadcrumbs (fresh) | 60g | 45g | 40g | 30g | 20g | 15g | 10g |
| Breadcrumbs (dry) | 150g | 110g | 100g | 75g | 50g | 40g | 20g |
| Sultanas / Raisins | 200g | 150g | 130g | 100g | 65g | 50g | 22g |