



Cup	Weight
1/4 Cup	35 gm
1/3 Cup	43 gm
1/2 Cup	71 gm
2/3 Cup	94 gm
3/4 Cup	105 gm
1 Cup	142 gm



Cup

Weight

1/4 Cup

57 gm

1/3 Cup

71 gm

1/2 Cup

115 gm

2/3 Cup

142 gm

3/4 Cup

170 gm

1 Cup

225 gm



Cup	Weight
1/4 Cup	28 gm
1/3 Cup	37 gm
1/2 Cup	57 gm
2/3 Cup	76 gm
3/4 Cup	85 gm
1 Cup	115 gm



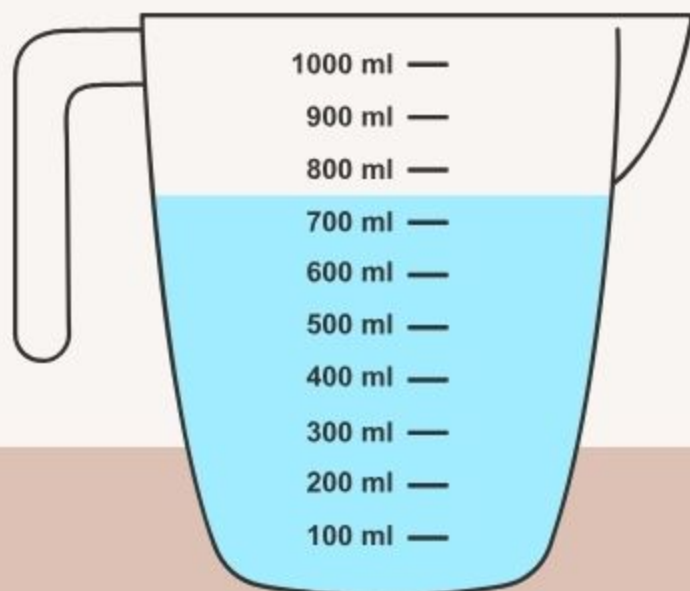
Cup	Weight
1/4 Cup	43 gm
1/3 Cup	57 gm
1/2 Cup	85 gm
2/3 Cup	115 gm
3/4 Cup	128 gm
1 Cup	170 gm



Cup	Weight
1/4 Cup	28 gm
1/3 Cup	37 gm
1/2 Cup	57 gm
2/3 Cup	76 gm
3/4 Cup	85 gm
1 Cup	115 gm



Cup	Weight
1/4 Cup	57 gm
1/3 Cup	71 gm
1/2 Cup	115 gm
2/3 Cup	142 gm
3/4 Cup	170 gm
1 Cup	225 gm



Cup	Volume
1/4 Cup	60 ml
1/3 Cup	75 ml
1/2 Cup	120 ml
2/3 Cup	150 ml
3/4 Cup	180 ml
1 Cup	240 ml