

CUPS IN GRAMM UMRECHNEN

	Mili-Liter [ml]	Milch, Wasser [g]	Mehl [g]	Zucker [g]	Puder-Zucker [g]
5 Cups	1175	1175	650	1060	680
4 Cups	940	940	520	848	544
3 Cups	705	705	390	636	408
2 Cups	470	470	260	424	272
1 3/4Cups	411	411	228	371	238
1 2/3 Cups	393	393	217	353	227
1 1/2Cups	353	353	195	318	204
1 1/3 Cups	313	313	173	283	181
1 1/4 Cups	294	294	163	265	170
1 Cup	235	235	130	212	136
3/4 Cup	176	176	98	159	102
1/2 Cup	118	118	65	106	68
1/3 Cup	78	78	43	71	45
1/4 Cup	59	59	33	53	34
1/8 Cup	29	29	16	27	17
	Butter [g]	Öl Oil [g]	Rosinen Raisins [g]	Nüsse, Mandeln, ganz Nuts, Almonds, whole [g]	Nüsse, Mandeln, gemahlen Nuts, Almonds, ground [g]
5 Cups	1105	1025	750	675	551
4 Cups	884	820	600	540	412
3 Cups	663	615	450	405	309
2 Cups	442	410	300	270	206
1 3/4Cups	387	359	263	236	180
1 2/3 Cups	368	342	250	225	172
1 1/2Cups	332	308	225	203	155
1 1/3 Cups	295	273	200	180	137
1 1/4 Cups	276	256	188	169	129
1 Cup	221	205	150	135	103
3/4 Cup	166	154	113	101	77
1/2 Cup	111	103	75	68	52
1/3 Cup	74	68	50	45	34
1/4 Cup	55	51	38	34	26

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1/8 Cup	28	26	19	17	13
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