

What does 1 Cup Of...Weigh?

*This free tip sheet was produced by the Cheapskates Club –
www.cheapskates.com.au*

All measurements were taken using a metric (250ml) cup measure.

1 cup All-Bran---70g	1 cup sliced leek---90g
1 cup whole almonds---168g	1 cup medium-sized marshmallows---96g
1 cup uncooked arborio rice---228g	1 cup finely grated parmesan cheese---88g
1 cup mashed banana---260g	1 cup tomato passata---260g
1 cup pearl barley---220g	1 cup roasted unsalted peanuts---150g
1 cup blueberries---150g	1 cup pearl barley---220g
1 cup dry breadcrumbs---115g	1 cup frozen peas---128g
1 cup fresh breadcrumbs---60g	1 cup green split peas---225g
1 cup brown sugar, firmly packed---226g	1 cup pecan halves---130g
1 cup butter---238g	1 cup raisins---180g
1 cup diced carrot---142g	1 cup frozen raspberries---130g
1 cup caster sugar--225g	1 cup uncooked medium-grain rice---228g
1 cup grated cheddar cheese, firmly packed---100g	1 cup rice bubbles---32g
1 cup chopped cooked chicken---150g	1 cup rolled oats---92g
1 cup dried chickpeas---210g	1 cup sour cream---250g
1 cup small chocolate buttons---190g	1 cup green split peas---225g
1 cup cocoa powder---112g	1 cup sugar---220g
1 cup desiccated coconut---80g	1 cup caster sugar---225g
1 cup cornflour---150g	1 cup icing sugar---140g
1 cup couscous---185g	1 cup walnut pieces---124g
1 cup deseeded dried dates--170g	1 cup water---250g
1 cup flour (plain or self-raising)---150g	1 cup Greek-style natural yoghurt---270g
1 cup jam (strawberry conserve)---340g	1 cup diced zucchini--133g

*The Cheapskates Club
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and energy and still have fun!
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