

Useful Weight Conversions

Grams to pounds and ounces

15g	1/2oz
25g	1oz
50g	2oz
75g	3oz
100g	3&1/2oz
125g	4oz
150g	5oz
175g	6oz
200g	7oz
225g	8oz
250g	9oz
275g	10oz
300g	11oz
350g	12oz
375g	13oz
400g	14oz
425g	15oz
450g	1 lb
1kg	2lb 4oz
1.8kg	4lb

Grams to cups

110g Butter	1 stick
225g Granulated/Caster Sugar	1 Cup
110g Icing Sugar/Confectioners Sugar	1 Cup
200g Brown Sugar (Light & Dark)	1 Cup
110g Flour	1 Cup
175g Chocolate Chips	1 Cup
100g Grated Coconut	1 cup
300g Honey	1 Cup
80g Sliced almonds	1 Cup
150g Raisins	1 Cup

Please note that all of these conversions are approximate