# Weights of Ingredients and Other Kitchen Stuff

## Hardware

|  |  |  |  |
| --- | --- | --- | --- |
| Item | Weight | Item | Weight |
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|  |  |  |  |

## Fats

|  |  |  |
| --- | --- | --- |
| Item | Amount | Weight |
| Butter (1 Stick) | ½ Cup | 113g |
| Shortening | 1 Cup | 205g |
| Extra Virgin Olive Oil | ¼ Cup | 54g |
| Peanut Oil | ¼ Cup | 56g |
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## Sugar and Other Sweet Stuff

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| --- | --- | --- |
| Item | Amount | Weight |
| White Sugar | 1 Cup | 201g |
| Brown Sugar | 1 Cup | 213g |
| Powdered Sugar | 1 Cup | 125g |
| Light Corn Syrup | 1 Cup | 324g |
| Maple Syrup | 1/3 Cup | 113g |
| Molasses | 1 Cup | 345g |
| Honey | 1 Cup | 340g |
| Peanut Butter | 1 Cup | 250g |
| Nutella | 2 Tbsp | 37g |
| Cocoa Powder | 1 Cup | 118g |
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## Flour and Grains

|  |  |  |
| --- | --- | --- |
| Item | Amount | Weight |
| All Purpose Flour | 1 Cup | 125g |
| Bread Flour | 1 Cup | 127g |
| Wheat Flour | 1 Cup | 120g |
| Masa Harina | 1 Cup | 124g |
| Masarepa | 1 Cup | 200g |
| Long Grain White Rice | 1 Cup | 185g |
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|  |  |  |

## Other

|  |  |  |
| --- | --- | --- |
| Item | Amount | Weight |
| Water | 1 Cup | 240g |
| Egg | Total | 48g |
| Egg | White | 30g |
| Egg | Yolk | 18g |
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