Weights of Ingredients and Other Kitchen Stuff

Hardware				
	Item	Weight	Item	Weight

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Item	Amount	Weight
Butter (1 Stick)	¹∕₂ Cup	113g
Shortening	1 Cup	205g
Extra Virgin Olive Oil	¹∕₄ Cup	54g
Peanut Oil	¹∕₄ Cup	56g

Sugar and Other Sweet Stuff

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

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

Other

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

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