

Weights of Ingredients and Other Kitchen Stuff

Hardware

<i>Item</i>	<i>Weight</i>	<i>Item</i>	<i>Weight</i>

Fats

<i>Item</i>	<i>Amount</i>	<i>Weight</i>
Butter (1 Stick)	½ Cup	113g
Shortening	1 Cup	205g
Extra Virgin Olive Oil	¼ Cup	54g
Peanut Oil	¼ Cup	56g

Sugar and Other Sweet Stuff

<i>Item</i>	<i>Amount</i>	<i>Weight</i>
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

<i>Item</i>	<i>Amount</i>	<i>Weight</i>
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

<i>Item</i>	<i>Amount</i>	<i>Weight</i>
Water	1 Cup	240g
Egg	Total	48g
Egg	White	30g
Egg	Yolk	18g