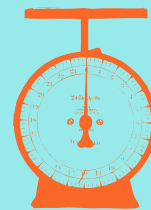


# Flour

conversion



## US CUPS TO GRAMS



*cups*

*ounces*

*grams*

$\frac{1}{4}$  = 1.1 = 30

$\frac{1}{2}$  = 2.2 = 60

$\frac{3}{4}$  = 3.3 = 95

1 = 4.4 = 125

2 = 8.8 = 250