

Cups to Pounds Measurement Conversion Table

Ingredient	1 Cup	2 Cups	4 Cups (1 qt)	8 Cups (2 qt)
All-purpose flour	0.28 lb (4.5 oz)	0.56 lb	1.12 lb	2.24 lb
Bread flour	0.30 lb (4.8 oz)	0.60 lb	1.20 lb	2.40 lb
Cake flour	0.22 lb (3.5 oz)	0.44 lb	0.88 lb	1.76 lb
Powdered sugar	0.25 lb (4 oz)	0.50 lb	1 lb	2 lb
Cornmeal	0.31 lb (5 oz)	0.62 lb	1.24 lb	2.48 lb
Rolled oats	0.28 lb (4.5 oz)	0.56 lb	1.12 lb	2.24 lb
Rice (uncooked, long grain)	0.45 lb (7.2 oz)	0.90 lb	1.80 lb	3.60 lb
Rice (uncooked, brown)	0.48 lb (7.7 oz)	0.96 lb	1.92 lb	3.84 lb
Dry beans (average)	0.44 lb (7 oz)	0.88 lb	1.75 lb	3.5 lb

Dry Ingredients

Ingredient	1 Cup	2 Cups	4 Cups (1 qt)	8 Cups (2 qt)
Granulated sugar	0.50 lb (8 oz)	1 lb	2 lb	4 lb
Brown sugar (packed)	0.44 lb (7 oz)	0.88 lb	1.75 lb	3.5 lb
Powdered sugar	0.25 lb (4 oz)	0.50 lb	1 lb	2 lb

Sugars

Ingredient	1 Cup	2 Cups	4 Cups (1 qt)	8 Cups (2 qt)
Butter	0.50 lb (8 oz)	1 lb	2 lb	4 lb
Margarine	0.50 lb (8 oz)	1 lb	2 lb	4 lb
Shortening	0.44 lb (7 oz)	0.88 lb	1.75 lb	3.5 lb
Vegetable oil	0.48 lb (7.7 oz)	0.96 lb	1.92 lb	3.84 lb
Olive oil	0.47 lb (7.6 oz)	0.94 lb	1.88 lb	3.76 lb

Fats & Oils

Ingredient	1 Cup	2 Cups	4 Cups (1 qt)	8 Cups (2 qt)
Water	0.52 lb (8.3 oz)	1.04 lb	2.08 lb	4.16 lb
Milk (whole)	0.52 lb (8.6 oz)	1.04 lb	2.08 lb	4.16 lb
Heavy cream	0.51 lb (8.2 oz)	1.02 lb	2.04 lb	4.08 lb
Honey	0.75 lb (12 oz)	1.5 lb	3 lb	6 lb
Maple syrup	0.70 lb (11.2 oz)	1.40 lb	2.80 lb	5.6 lb
Molasses	0.75 lb (12 oz)	1.5 lb	3 lb	6 lb

Liquids