

Kitchen Conversion Chart

Cups To Pounds

	Ingredient	1 Cup (approx)	2 Cups	4 Cups (1 qt)
	All-purpose flour	0.28 lb (4.5 oz)	0.56 lb	1.12 lb
	Granulated sugar	0.50 lb (8 oz)	1 lb	2 lb
	Brown sugar (packed)	0.44 lb (7 oz)	0.88 lb	1.75 lb
	Butter	0.50 lb (8 oz)	1 lb	2 lb
	Honey	0.75 lb (12 oz)	1.5 lb	3 lb
	Milk	0.52 lb (8.3 oz)	1.04 lb	2.08 lb
	Water	0.52 lb (8.3 oz)	1.04 lb	2.08 lb