

Baking Ingredients & their weights in grams

Gluten-Free Ingredient	g = 1 c
Almond	112 g
Amaranth	135 g
Arrowroot	128 g
Buckwheat	120 g
Chestnut	100 g
Coconut Flour	112 g
Corn Bran	76 g
Corn Flour - Yellow (unenriched)	126 g
Corn Flour - Yellow (whole grain)	117 g
Corn flour/Masa Harina	112 g
Corn Meal - Yellow (enriched)	138 g
Corn Meal - Yellow (whole grain)	122 g
Cornmeal (medium)	128 g
Cornstarch	128 g
Fava Bean	132 g
Garbanzo (chickpea)	120 g
Garfava	120 g
Hazelnut	112 g
Mesquite	146 g
Millet	120 g
Montina	150 g
Oat	120 g
Potato	160 g
Potato starch	192 g
Quinoa	112 g
Rice - Brown	158 g
Rice - Sweet	204 g
Rice - White	158 g
Romano bean	128 g
Sorghum	127 g
Soy - defatted	100 g
Soy - full fat	84 g
Split pea	116 g
Sweet potato	180 g
Tapioca starch	120 g
Teff	130 g

Glutened & Other Common Baking Ingredients	g = 1 c
Butter	227 g
Confectioners Sugar	128 g
Bread Flour	136 g
Rolled Oats	85 g
Brown Sugar - Packed	220 g
White Sugar	201 g
Syrup/Honey	340 g
Vegetable Oil	210 g
Peanut Butter	179 g
Cocoa	95 g
Butter	227 g
Chocolate Chips	179 g
Coconut, Dried	71 g
Graham Cracker - crushed	142 g
Raisins	151 g
Shortening	210 g
Mayonnaise	220 g
Milk, Powdered	115 g
Molasses	350 g
Oatmeal	80 g
Wheat - All Purpose	125 g
Wheat - Graham	120 g
Wheat - Whole	120 g

I have compiled these lists through various sources and a lot of research. These equivalencies are as accurate as possible, but are no guarantee of final results. When substituting one type of flour for another always use the original flour's measurement to help standardize your baking results.