

SALTER ELECTRONIC CONVERSION CHART

FLOURS

ALL PURPOSE FLOUR, UNSIFTED

1 T.=1/4oz.
1/4cup=1 1/4oz
1/3cup=1 1/2oz
1/2cup=2 1/2oz
2/3cup=3 1/4oz
3/4cup=3 1/2oz
1 cup=5oz.

ALL PURPOSE FLOUR, SIFTED

1/4cup=1oz.
1/3cup=1 1/4oz
1/2cup=2oz.
2/3cup=2 3/4oz
3/4cup=3oz.
1 cup=4oz.

CAKE FLOUR, UNSIFTED

1/4cup=1oz.
1/3cup=1 1/4oz
1/2cup=2oz.
2/3cup=2 3/4oz
3/4cup=3oz.
1 cup=4oz.

CAKE FLOUR, SIFTED

1/4cup=1oz.
1/3cup=1 1/4oz
1/2cup=1 3/4oz
2/3cup=2 1/4oz
3/4cup=2 1/2oz
1 cup=3 1/2oz.

WHOLE-WHEAT, UNSIFTED

1/4cup=1 1/2oz
1/3cup=1 3/4oz
1/2cup=2 3/4oz
2/3cup=2 3/4oz
3/4cup=3oz.
1 cup=5 1/2oz.

WHOLE-WHEAT, SIFTED

1/4cup=1 1/4oz
1/3cup=1 1/2oz
1/2cup=2 1/4oz
2/3cup=3oz.
3/4cup=3 1/4oz
1 cup=4 1/2oz.

BREAD FLOUR, SIFTED

1/4cup=1 1/4oz
1/3cup=1 3/4oz
1/2cup=2oz.
2/3cup=2 1/2oz
3/4cup=3oz.
1 cup=5oz.

PASTA FLOUR, FINELY GROUND DURUM WHEAT

1/4cup=1 1/2oz
1/3cup=1 3/4oz
1/2cup=2 3/4oz
2/3cup=3 3/4oz
3/4cup=4oz.
1 cup=5 1/2oz.

BUCKWHEAT FLOUR, UNSIFTED

1/4cup=1oz.
1/3cup=1 1/4oz
1/2cup=2oz.
2/3cup=2 3/4oz
3/4cup=3oz.
1 cup=4oz.

CORNMEAL

1/4cup=1oz.
1/3cup=1 1/4oz
1/2cup=2oz.
2/3cup=2 1/2oz
3/4cup=3oz.
1 cup=4oz.

CORNSTARCH

1 T.=1/4oz.
1/4cup=1oz.
1/3cup=1 1/4oz
1/2cup=2oz.
2/3cup=2 1/2oz
3/4cup=3oz.
1 cup=4oz.

SWEETENERS

GRANULATED WHITE SUGAR

1 T.=1/2oz.
1/4cup=1 3/4oz
1/3cup=2 1/4oz
1/2cup=3 1/2oz
2/3cup=4 1/2oz
3/4cup=5 1/4oz
1 cup=7oz.

BROWN SUGAR DARK OR LIGHT

1 T.=1/2oz.
1/4cup=2oz.
1/3cup=2 1/2oz
1/2cup=4oz.
2/3cup=5 1/2oz
3/4cup=6oz.
1 cup=8oz.

POWDERED SUGAR

1 T.=1/4oz.
1/4cup=1oz.
1/3cup=1 1/4oz
1/2cup=2oz.
2/3cup=2 1/2oz
3/4cup=3oz.
1 cup=4oz.

