

Sugar conversion and substitution

Granulated sugar (the regular stuff) weighs about 7.5 ounces per cup, so 2 cups weighs slightly under a pound.

The following table is helpful:

1 tsp	.15 ounce	4.5 g
1 tbsp	.5 ounce	13 g
1/4 cup	2 ounces	52 g
1/2 cup	3.8 ounces	102 gram
1 cup	7.5 ounces	204 gram

Also, one cup of powdered sugar weighs about 4.3 ounces; and one cup of brown sugar, firmly packed, weighs about 8 ounces.

One cup of granulated sugar can be converted to light brown sugar by adding one tablespoon of unsulfured molasses. Add two tablespoons to convert to dark brown sugar.

Links

- [How much does sugar weigh?](#)
- [How to make brown sugar.](#)

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