



Petal & Paper

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Baking conversion chart



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H A N D Y R E F E R E N C E

baking conversions

Cups to grams (flour)

1 cup = 120g
3/4 cup = 90g
1/2 cup = 60g
1/4 cup = 30g

Oven temperatures

150°C = 300°F = Gas 2
180°C = 350°F = Gas 4
200°C = 400°F = Gas 6
220°C = 425°F = Gas 7

Cups to grams (sugar)

1 cup caster = 200g
1 cup brown = 220g
1 cup icing = 120g

Common substitutions

1 egg = 3 tbsp aquafaba
1 cup buttermilk = milk + 1 tbsp vinegar
1 tsp baking powder = 1/4 tsp bicarb + cream of tartar
Self-raising flour = plain + 2 tsp baking powder per 150g