Ingredients Weights in Grams

source: http://www.nal.usda.gov/fnic/foodcomp/search/

Item	Amount	Weight in grams
Flour, White All purpose	1 cup	125 g
Oats, quick-cook	1 cup	80 g
Sugar, granulated	1 cup	200 g
Sugar, brown, packed	1 cup	220 g
Sugar, powdered	1 cup	100 g