

Cinde's Gluten Free Flour Conversion Chart – cups to grams

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1 Tbsp	¼ cup	½ cup	Type of Gluten Free Flour	1 cup	2 cups	⅓ cup
9	35	65	EGFG flour blend*	130	260	45
7	29	58	White Rice	115	230	38
9	36	73	Brown Rice	145	290	48
7	30	61	Sweet Rice	122	244	41
9	35	69	Tapioca Starch	138	276	46
9	35	70	Cornstarch	140	280	47
10	41	82	Potato Starch	165	330	55
8	30	60	Sorghum	120	240	40
9	36	73	Millet	145	290	48
6	25	50	Almond	100	200	33
5	21	43	Quinoa	85	170	28
7	28	55	Chickpea	110	220	37
9	38	75	Teff	150	300	50
7	28	57	Oat	113	226	38
7	28	55	Flaxseed Meal	110	220	37
9	35	65	Cookie Flour Blend**	130	260	45

* EGFG flour blend recipe: 300g sweet rice flour, 300g potato starch, 200g sorghum flour, 200g millet flour (makes ~8 cups)

**Cookie Flour Blend recipe: 90g brown rice flour, 25g almond flour, 30g potato starch, 15g tapioca starch, ¼ tsp xanthan gum (makes ~1¼ cups)

Baking with weight measurements is more precise than baking with cups plus it's easy once you're organized to do it. I use both methods depending on what I'm making; cups for everyday baking, grams for pasta, pizza dough and big batches of cookies.