HOORVIA — FLOUR WEIGHT & PROTEIN CONVERSION CHART (CUPS TO GRAMS)

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Quick Reference Cheat Sheet • Cups to Grams • Protein % & Gluten-Free Ratios • US Letter (8.5" × 11")

■ WHEAT FLOURS — PROTEIN CONTENT & WEIGHT PER CUP (SPOONED & LEVELED)

Wheat Flour Variety	Protein %	1 Cup (Grams / Oz)	1/2 Cup	1/4 Cup	Primary Baking Use
Cake Flour (Bleached, Swans Down)	7% – 8%	114 g (4.0 oz)	57 g	28.5 g	Angel food, chiffon, ultra-tender layer cakes
Pastry Flour (White / Whole)	8% – 9%	113 g (4.0 oz)	56.5 g	28 g	Flaky pie crusts, tarts, biscuits, turnovers
All-Purpose Flour (US Standard)	10% – 11.7%	120 g (4.25 oz)	60 g	30 g	Cookies, muffins, pancakes, quick breads
Self-Rising Flour (Southern)	8.5% – 10.5%	120 g (4.25 oz)	60 g	30 g	Contains leavening & salt; biscuits, cobblers
Italian '00' Pizza / Pasta Flour	11.5% – 12.5%	116 g (4.1 oz)	58 g	29 g	Powder-fine grind; crisp Neapolitan pizza
Bread Flour (High Gluten)	12.5% – 14%	127 g (4.5 oz)	63.5 g	32 g	Chewy sourdough, bagels, brioche, pizza
Whole Wheat Flour (Hard Red)	13% – 14%	113 g (4.0 oz)	56.5 g	28 g	Hearty loaves; absorbs 10–15% more water
Dark Rye Flour	8% – 10%	106 g (3.75 oz)	53 g	26.5 g	Deli rye, pumpernickel, sourdough starter booster

■ GLUTEN-FREE & NUT FLOURS — WEIGHT PER CUP & LIQUID ABSORPTION

Gluten-Free Flour Type	1 Cup (Grams / Oz)	1/2 Cup	Swap Ratio for 1 Cup All-Purpose Flour
1-to-1 Gluten-Free Baking Blend	138 g (4.85 oz)	69 g	1:1 Direct Swap (Ensure blend contains xanthan gum)
Blanched Almond Flour (Fine)	96 g (3.4 oz)	48 g	1:1 by volume in cookies/muffins + add 1/2 tsp binder
Coconut Flour (Highly Absorbent!)	112 g to 120 g	56 g	NEVER swap 1:1! Use 1/4 cup coconut flour + 1 extra egg
Rolled Oat Flour (Finely Ground)	92 g (3.25 oz)	46 g	1 1/3 cups oat flour by volume (= 120g by weight)
Tapioca Starch / Arrowroot	115 g (4.0 oz)	57.5 g	Replace up to 1/4 cup AP flour for chewy crispness

■ EMERGENCY DIY FLOUR SUBSTITUTION FORMULAS (PER 1 CUP NEEDED)

If Recipe Calls For...	Exact Homemade Formula Using All-Purpose Flour	Why the Chemistry Works
1 Cup Cake Flour (114g)	14 tbsp (105g) All-Purpose Flour + 2 tbsp (16g) Cornstarch	Cornstarch dilutes gluten protein from 11% down to 8.5%
1 Cup Self-Rising Flour (120g)	1 cup (120g) All-Purpose Flour + 1 1/2 tsp Baking Powder + 1/4 tsp Salt	Matches exact commercial leavening ratio
1 Cup Bread Flour (127g)	1 cup minus 1.5 tsp AP Flour + 1.5 tsp Vital Wheat Gluten	Boosts gluten strength from 11% to 13% for high rise
1 Cup Oat Flour (92g)	Blitz 1 1/4 cups Old-Fashioned Rolled Oats in blender 45 sec	Sift out any coarse flakes before weighing 92g

PRO TIP: Fluff the flour in its container with a fork, gently spoon it into your dry measuring cup until heaped, and sweep the back of a straight knife across the rim.
GOLDEN BAKING WEIGHTS: Spooned & Leveled AP Flour = 120g/cup • Granulated Sugar = 200g/cup • Packed Brown Sugar = 213g/cup

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