

Sweet Online: Metric Cup Equivalents

These weights are the approximate equivalent of 1 metric cup measurement

Almonds	130g
Almond butter	270g
Almond flour, dehydrated	90g
Almonds, ground	100g
Apricots	160g
Avocado	1.5 average size
Beetroot	150g
Berries	250g
Brazils	125g
Buckwheat	200g
Cacao butter, chopped	180g
Cacao powder	115g
Cashews	130g
Chia seeds	140g
Coconut meat (fresh/defrosted)	250g
Coconut flakes	80g
Coconut flour	145g
Coconut sugar	150g
Cranberries	150g
Dates	140g
Dates, Medjool	150g
Hazelnuts	135g
Hempseeds, shelled	100g
Linseeds, ground (flaxseeds)	100g
Macadamia Nuts	130g
Oat flour	90g
Pecans	120g
Pistachio	135g
Pineapple	150g
Pumpkins seeds	125g
Raisins	150g
Walnuts	120g