



Wheat Conversion Chart

In professional kitchens, weighing flour is preferred as it yields a more accurate result. When converting whole grains use weight for consistent results. I weighed each cup of white flour to get these specific yields. Baking by weight always stays the same, even if you weigh your grains before turning it into fresh milled flour.

| Amount of white flour called for: | Fresh milled flour to use: |
|-----------------------------------|----------------------------|
| 1/4 cup | 40 grams |
| 1/3 cup | 50 grams |
| 1/2 cup | 85 grams |
| 2/3 cup | 100 grams |
| 3/4 cup | 115 grams |
| 1 cup | 155 grams |
| 1 1/4 cups | 190 grams |
| 1 1/2 cups | 235 grams |
| 2 cups | 310 grams |
| 3 cups | 458 grams |

Wheat weighs the same whether its ground or whole, the difference is in volume.

 Cut this out to hang in your cupboard door (so handy!)

If you've been using this and find it helpful, it would mean a lot to me if you can leave a feedback on my post. Blessings!