

No	Flour Type	Grams per cup	Ounces per cup
1	Almond flour	90	3.2
2	Amaranth flour	135	4.88
3	Arrowroot flour / starch	115	4.1
4	Black bean flour	140	4.94
5	Buckwheat flour	170	6
6	Cassava flour	140	4.94
7	Cashew flour	87	3.07
8	Chickpea flour	106	3.7
9	Chestnut flour	104	3.6
10	Coconut flour	112	3.95
11	Corn flour / masa harina	118	4.15
12	Cornstarch	133	4.66
13	Cricket flour	100	3.5
14	Expandex modified tapioca starch	128	4.5
15	Fava bean flour	116	4.13
16	Garbanzo bean flour	106	3.7
17	Hazelnut flour	110	3.88
18	Millet flour	136	4.8
19	Molasses	320	11.28
20	Oat flour	95	3.4
21	Oat flour blend	88	3.1
22	Quinoa flour	105	3.7
23	Rice flour (brown)	134	4.72
24	Rice flour (brown. superfine)	156	5.46
25	Rice flour (sweet)	137	4.8
26	Rice flour (white)	143	5
27	Rice flour (white. superfine)	133	4.7
28	Potato flour	200	7.06
29	Potato starch	152	5.36
30	Sorghum flour	112	4
31	Soy flour	250	8.2
32	Sweet potato flour	134	4.73
33	Tapioca flour / starch	118	4.16
34	Tigernut flour	120	4.23
35	Teff flour	139	4.8