

Common Ingredient Densities & Teaspoon Conversions

Ingredient	Density (g/mL)	1 tsp = ? grams
Water	1	4.93 g
Granulated Sugar	0.85	~4.2 g
Brown Sugar (packed)	0.93	~4.6 g
Powdered Sugar	0.56	~2.8 g
All-Purpose Flour	0.53	~2.6 g
Bread Flour	0.57	~2.8 g
Cake Flour	0.44	~2.2 g
Salt (table)	1.2	~6 g
Kosher Salt	0.72	~3.5 g
Butter (soft)	0.92	~4.5 g
Coconut Oil (melted)	0.924	~4.6 g
Olive Oil	0.91	~4.5 g
Vegetable Oil	0.92	~4.5 g
Honey	1.42	~7 g
Maple Syrup	1.33	~6.6 g
Milk (whole)	1.03	~5.1 g
Yogurt (plain)	1.03	~5.1 g
Corn Syrup	1.48	~7.3 g
Peanut Butter	1.01	~5 g
Baking Powder	0.88	~4.3 g
Baking Soda	2.2	~10.8 g
Cocoa Powder	0.64	~3.2 g