



# Flour Weights For Recipes



Using the right type of flour in the correct measurement can make a huge difference in the texture, flavor, and outcome of your baked goods. This guide breaks down popular flour types, their characteristics, and typical weights for accurate recipe measurement.

## 1. All-Purpose Flour

- Protein Content: Moderate (10–12%)
- Weight: 1 cup ≈ 120 grams (4.25 ounces)
- Uses: Great all-rounder for most recipes; provides a good balance of structure and tenderness.

## 2. Bread Flour

- Protein Content: High (12–14%)
- Weight: 1 cup ≈ 130 grams (4.6 ounces)
- Uses: Ideal for recipes that require a chewy texture and sturdy structure, like artisan breads and bagels.

## 3. Whole Wheat Flour

- Protein Content: Moderate to High (13–14%)
- Weight: 1 cup ≈ 130 grams (4.6 ounces)
- Uses: Often used in breads, muffins, and hearty baked goods. Works well when combined with all-purpose flour to lighten the texture.

## 4. Cake Flour

- Protein Content: Low (7–9%)
- Weight: 1 cup ≈ 110 grams (3.9 ounces)
- Uses: Perfect for light, airy cakes, cookies, and delicate pastries.

## 5. Pastry Flour

- Protein Content: Low to Moderate (8–10%)
- Weight: 1 cup ≈ 120 grams (4.25 ounces)
- Uses: Commonly used in pie crusts, tarts, and pastries that benefit from a soft, crumbly texture.

## 6. Almond Flour

- Weight: 1 cup ≈ 96 grams (3.4 ounces)
- Uses: Popular in gluten-free baking, especially for cakes, cookies, and other desserts. Often combined with other flours for better structure.

## 7. Coconut Flour

- Protein Content: Varies, higher in fiber
- Weight: 1 cup ≈ 120 grams (4.25 ounces), but note that measurements vary significantly by recipe due to high absorbency.
- Uses: Often used in small quantities in gluten-free and low-carb baking.

## 8. Rye Flour

- Protein Content: Moderate (9–10%), but with lower gluten-forming ability than wheat.
- Weight: 1 cup ≈ 120 grams (4.25 ounces)
- Uses: Ideal for rye bread, pumpernickel, and hearty breads with a complex flavor.

## Baking Tips for Using Different Flours

- Measure by Weight: For accuracy, measure flour by weight rather than volume, especially in recipes requiring precise texture, like cakes and pastries.
- **Substitution Caution:** Different flours have unique protein levels and moisture-absorbing properties. When substituting, be mindful that adjustments in liquids or leaveners might be necessary.