Teaspoons to Grams Chart

Grams in one level teaspoon · 70 ingredients
US teaspoon 4.929 mL · metric teaspoon 5 mL

SUGARS & SWEETENERS

Ingredient	1 US tsp	1 metric tsp
Granulated white sugar	4.20 g	4.26 g
Agave syrup	7.00 g	7.10 g
Brown sugar (packed)	4.44 g	4.50 g
Coconut sugar	3.21 g	3.25 g
Corn syrup	6.50 g	6.59 g
Demerara sugar	4.58 g	4.65 g
Honey	7.00 g	7.10 g
Jam or preserves	7.08 g	7.19 g
Maple sugar	3.25 g	3.30 g
Maple syrup	6.50 g	6.59 g
Molasses	7.08 g	7.19 g
Confectioners' sugar (unsifted)	2.35 g	2.39 g
Turbinado sugar (raw)	3.75 g	3.80 g

FLOURS & BAKING

Ingredient	1 US tsp	1 metric tsp
All-purpose flour	2.50 g	2.54 g
Almond flour	2.00 g	2.03 g
Bread flour	2.50 g	2.54 g
Unbleached cake flour	2.50 g	2.54 g
Coconut flour	2.67 g	2.71 g
Gluten-Free All-Purpose Flour (King Arthur)	3.25 g	3.30 g
Pastry flour	2.21 g	2.24 g
Whole wheat flour (King Arthur Premium 100%)	2.35 g	2.39 g
Double-acting baking powder	4.00 g	4.06 g
Baking soda	6.00 g	6.09 g
Cornstarch	2.33 g	2.37 g
Unsweetened cocoa powder	1.75 g	1.78 g
Active dry yeast	3.10 g	3.14 g
Instant yeast	3.11 g	3.16 g
Breadcrumbs (dried)	2.33 g	2.37 g
Oats (old-fashioned or quick-cooking)	1.85 g	1.88 g
White rice flour	2.96 g	3.00 g
Tapioca starch	2.35 g	2.39 g

FATS & OILS

Ingredient	1 US tsp	1 metric tsp
Butter	4.71 g	4.78 g
Coconut oil	4.71 g	4.78 g
Ghee	3.67 g	3.72 g
Lard	4.71 g	4.78 g
Olive oil	4.17 g	4.23 g
Palm shortening	3.75 g	3.80 g
Vegetable oil (King Arthur chart estimate)	4.13 g	4.18 g

MILK & CREAM

Ingredient	1 US tsp	1 metric tsp
Buttermilk	4.73 g	4.80 g
Coconut milk (canned, shaken)	5.02 g	5.09 g
Sweetened condensed milk	6.50 g	6.59 g
Cottage cheese	4.71 g	4.78 g
Cream cheese	4.73 g	4.80 g
Evaporated milk	4.71 g	4.78 g
Heavy or whipping cream	4.73 g	4.80 g
Mascarpone cheese	4.73 g	4.80 g
Milk (King Arthur chart value)	4.73 g	4.80 g
Nonfat milk powder	2.33 g	2.37 g
Sour cream	4.73 g	4.80 g
Yogurt	4.73 g	4.80 g

OTHER INGREDIENTS

Ingredient	1 US tsp	1 metric tsp
Water	4.93 g	5.00 g
Chia seeds	3.08 g	3.13 g
Espresso powder	2.33 g	2.37 g
Fine table salt	6.00 g	6.09 g
Kosher salt (Diamond Crystal)	2.67 g	2.71 g
Kosher salt (Morton's)	5.33 g	5.41 g
Flaxseed	2.92 g	2.96 g
Garlic (minced)	4.67 g	4.73 g
Lemon juice	4.67 g	4.73 g
Matcha powder	2.00 g	2.03 g
Garlic powder (fine)	3.10 g	3.14 g
Ground cinnamon	2.60 g	2.64 g
Mayonnaise	4.71 g	4.78 g
Hazelnut spread	6.67 g	6.76 g
Peanut butter	5.63 g	5.71 g
Poppy seeds	3.00 g	3.04 g
Sesame seeds	2.96 g	3.00 g
Tahini paste	5.33 g	5.41 g
Tomato paste	4.83 g	4.90 g
Vanilla extract	4.67 g	4.73 g

Approximate cooking estimates for level, unpacked spoons unless the name says packed. Packing, brand, moisture and particle size change the real weight; weigh anything that matters. Sources: USDA MyPyramid Equivalents Database 2.0; King Arthur Baking Ingredient Weight Chart; Red Star Yeast: Common Yeast Baking Questions; USGS Water Science School: Water density; USDA National Nutrient Database for Standard Reference, Release 28: Spices and Herbs. Full guide and converter: https://www.tsptograms.com/blog/teaspoons-to-grams-conversion-chart/