

Top Measurements Lettuce: lettuce, shredded, chopped

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equivalent values

amount, in grams (g) amount, in ounces (oz)

1/8 cup	10 g	0.3 oz
1/4 cup	20 g	0.7 oz
1/3 cup	25 g	0.9 oz
3/8 cup	30 g	1 oz
1/2 cup	40 g	1.3 oz
5/8 cup	45 g	1.7 oz
2/3 cup	50 g	1.8 oz
3/4 cup	55 g	2 oz
7/8 cup	65 g	2.3 oz
1 cup	75 g	2.6 oz
2 cups	150 g	5.3 oz
4 cups	300 g	10.6 oz