



KITCHEN CONVERSIONS

LIQUID INGREDIENTS				
Fl. Oz.	Cups	Pints	Quarts	Gallons
8	1	1/2	1/4	-
16	2	1	1/2	-
32	4	2	1	1/4
128	16	8	4	1

DRY INGREDIENTS		
tsp	TB	Cups
3	1	1/16
6	2	1/8
12	4	1/4
24	8	1/2
36	12	3/4
48	16	1

US TO METRIC	
1/5 tsp	1 ml
1 tsp	5 ml
1 TB	15 ml
1 fl. oz.	30 ml
1 cup	237 ml
1 pint (2 cups)	473 ml
1 quart (4 cups)	.95 ml
1 gallon (16 cups)	3.8 L
1 oz.	28 g
1 lb.	454 g

QUICK CONVERSIONS

Baking in Grams		Volume		Weight		Oven Temps	
1 cup flour	140 g	1 ml = 1/5 tsp		1g = .035 oz.	.0022 lb.	120°C	250°F
1 cup sugar	150 g	5 ml = 1 tsp		100 g = 3.5 oz.	.22 lb.	160°C	320°F
1 cup powdered sugar	160 g	15 ml = 1 TB		500 g = 17.6 oz.	1.1 lb.	180°C	350°F
1 cup heavy cream	235 g	240 ml = 1 cup		1 kg = 35 oz.	2.2 lb.	205°C	400°F
		1 L = 34 fl. Oz.				220°C	425°F

What does one cup equal

8 fl. Oz.	16 TB	48 tsp	1/2 pint	1/4 quart	1/16 gallon	240 ml
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Butter Equivalents

1 cup	2 sticks	8 oz.	227 g	16 TB	48 tsp	1/2 lb.
3/4 cup	1-1/2 sticks	6 oz.	170 g	12 TB	36 tsp	3/8 lb.
1/2 cup	1 stick	4 oz.	113 g	8 TB	16 tsp	1/4 lb.
1/3 cup	2/3 stick	2.7 oz.	76 g	5TB+1 tsp	10.67 tsp	1/6 lb.
1/4 cup	1/2 stick	2 oz.	57 g	4 TB	12 tsp	1/8 lb.

Popular Ingredient Conversions

1 cup butter	8 oz.
1 large egg	1.7 oz.
1 cup heavy cream	8.4 oz.
1 cup oil	7.7 oz.
1 cup milk	8 oz.
1 cup flour	4.5 oz.
1 cup rolled oats	3 oz.
1 cup sugar	7.1 oz.
1 cup brown sugar	7.75 oz.

ABBREVIATIONS

tsp- teaspoon

TB- Tablespoon

c- cup

oz.- ounce

g- gram

kg- kilogram

ml- milliliter

L- liter

fl. oz.- fluid ounce

gal- gallon

pt- pint

qt- quart