

# Imperial – Metric Conversion

## Weights

Ounce	Gram
0.5 oz	15 g
1 oz	30 g
1.5 oz	45 g
2 oz	60 g
2.5 oz	70 g
3 oz	85 g
3.5 oz	100 g
4 oz	115 g
4.5 oz	130 g
5 oz	140 g
5.5 oz	155 g
6 oz	170 g
6.5 oz	185 g
7 oz	200 g
7.5 oz	215 g
8 oz	225 g
9 oz	255 g
9.5 oz	270 g
10 oz	285 g
10.5 oz	300 g
11 oz	315 g
11.5 oz	325 g
12 oz	340 g
13 oz	370 g
13.5 oz	385 g
14 oz	395 g
14.5 oz	410 g <small>(or 1 x 400 g can chopped tomatoes, for example)</small>
15 oz	425 g <small>(or 1 x 400 g can of beans, for example)</small>

## Weights

Ounce	Gram
16 oz	450 g <small>(or 1 x 400 g can of beans, for example)</small>
17 oz	485 g
17.5 oz	500 g
18 oz	510 g
19.5 oz (3 x 6.5 oz cans)	550 g <small>550 g (or 3 x small/200 g cans)</small>
20 oz	570 g
21 oz	595 g
22 oz	625 g
24 oz	680 g
27 oz	765 g
28 oz	795 g <small>795 g (or 2 x 400 g cans)</small>
29 oz	825 g
30 oz	850 g
32 oz	910 g
35 oz	995 g
37 oz	1050 g
38 oz	1080 g
40 oz	1135 g
43 oz	1220 g
43.5 oz	1235 g
48 oz	1360 g
56 oz	1590 g
58 oz	1645 g
105 oz	2980 g

## Thermomix® Temperature Settings

Fahrenheit °F

Celsius °C

100	37
105	40
110	45
120	50
130	55
160	70
170	75
175	80
185	85
195	90
200	95
205	98
212	100
220	105
230	110
240	115
250	120
300	150
325	160
350	180
375	190
400	200
425	220
450	230
475	245
500	260
550	290

