

Imperial (US) Liquid Measure Conversions

½ fl oz	1 tbsp	3 tsp				
1 fl oz	2 tbsp	6 tsp	1/8 cup			
2 fl oz	4 tbsp	12 tsp	¼ cup			
4 fl oz	8 tbsp	24 tsp	½ cup			
8 fl oz	16 tbsp	48 tsp	1 cup	½ pt	¼ qt	
16 fl oz	32 tbsp	96 tsp	2 cups	1 pt	½ qt	
32 fl oz	64 tbsp	192 tsp	4 cups	2 pt	1 qt	¼ gal
64 fl oz	128 tbsp	384 tsp	8 cups	4 pt	2 qt	½ gal
128 fl oz	256 tbsp	768 tsp	16 cups	8 pt	4 qt	1 gal

Liquid or Volume Measurements

jigger or measure	1.5 fluid ounces		3 tablespoons	45 ml
1 cup	8 fluid ounces	1/2 pint	16 tablespoons	237 m.
2 cups	16 fluid ounces	1 pint	32 tablespoons	474 ml
4 cups	32 fluid ounces	1 quart	64 tablespoons	.946 ml
2 pints	32 fluid ounces	1 quart	4 cups	.964 liter
4 quarts	128 fluid ounces	1 gallon	16 cups	3.8 liters
4 pecks	One bushel			
Dash	Less than 14 teaspoon			

Measurement Conversion Chart

Cup	Fluid Ounces	Tablespoons	Teaspoons	Milliliters
1 cup	8 oz	16 tbsp	48 tsp	237 ml
$\frac{3}{4}$ cup	6 oz	12 tbsp	36 tsp	177 ml
$\frac{2}{3}$ cup	5 oz	11 tbsp	32 tsp	158 ml
$\frac{1}{2}$ cup	4 oz	8 tbsp	24 tsp	118 ml
$\frac{1}{3}$ c	3 oz	5 tbsp	16 tsp	79 ml
$\frac{1}{4}$ c	2 oz	4 tbsp	12 tsp	59 ml
$\frac{1}{8}$ c	1 oz	2 tbsp	6 tsp	30 ml
$\frac{1}{16}$ c	$\frac{1}{2}$ oz	1 tbsp	3 tsp	15 ml

Dry (Weight) Measurements (approximate):

1 ounce		30 grams (28.35 g)
2 ounces		55 grams
3 ounces		85 grams
4 ounces	$\frac{1}{4}$ pound	125 grams
8 ounces	$\frac{1}{2}$ pound	240 grams
12 ounces	$\frac{3}{4}$ pound	375 grams
16 ounces	1 pound	454 grams
32 ounces	2 pounds	907 grams
1 kilogram	2.2 pounds/ 35.2 ounces	1000 gram

Liquid Measures

1 cup	8 fluid ounces	1/2 pint	237 ml
2 cups	16 fluid ounces	1 pint	474 ml
4 cups	32 fluid ounces	1 quart	946 ml
2 pints	32 fluid ounces	1 quart	946 ml
4 quarts	128 fluid ounces	1 gallon	3.784 liters

Dry Measures

3 teaspoons	1 tablespoon	1/2 ounce	14.3 grams	
2 tablespoons	1/8 cup	1 fluid ounce	28.3 grams	
4 tablespoons	1/4 cup	2 fluid ounces	56.7 grams	
5 1/3 tablespoons	1/3 cup	2.6 fluid ounces	75.6 grams	
8 tablespoons	1/2 cup	4 ounces	113.4 grams	1 stick butter
12 tablespoons	3/4 cup	6 ounces	.375 pound	170 grams
32 tablespoons	2 cups	16 ounces	1 pound	453.6 grams
64 tablespoons	4 cups	32 ounces	2 pounds	907 grams

Safe Meat Temperatures Cooking Times

Beef ...140°F... rare ... safe to eat
Beef ...160°F ... medium ... safe to eat
Beef ...170°F ... well-done ... safe to eat
Pork roast ... 165°F ... done ...safe to eat
Lamb roast ... 145°F ...safe to eat
Pork or Lamb, ground ...160°F ...safe to eat
Ham, precooked ... 140°F ... done
Chicken, whole ... 180°F ... safe to eat
Turkey, whole... 180°F... in thick part of thigh
Stuffing in poultry ... 165°F ... safe to eat

Oven Temperature Conversion Chart

Very low	250 - 275°F =	121 - 135°C
Slow Cook	300 - 325°F =	149 - 163°C
Moderate Heat	350 - 375°F =	177 - 191°C
High Heat	400 - 425°F =	204 - 218°C
Very Hot	450 - 475°F =	232 - 246°C
Extremely Hot	500 - 525°F =	260 - 274°C

Measurements Conversions

1 c	=	$\frac{1}{2}$ pint
2 cups	=	1 pint
4 cups	=	1 quart
2 pints	=	1 quart
4 quarts	=	1 gallon
8 quarts	=	1 peck
4 pecks	=	1 bushel
3 tsp	=	1 tablespoon
4 tbsp	=	$\frac{1}{4}$ cup
5 $\frac{1}{2}$ tbsp	=	$\frac{1}{2}$ cup
8 tbsp	=	$\frac{1}{2}$ cup