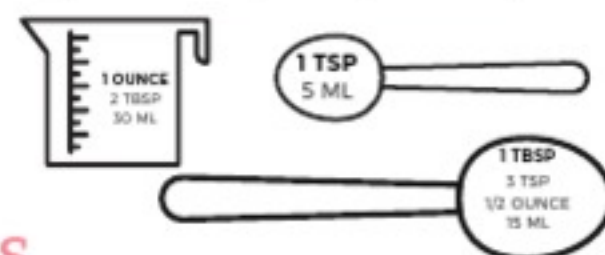
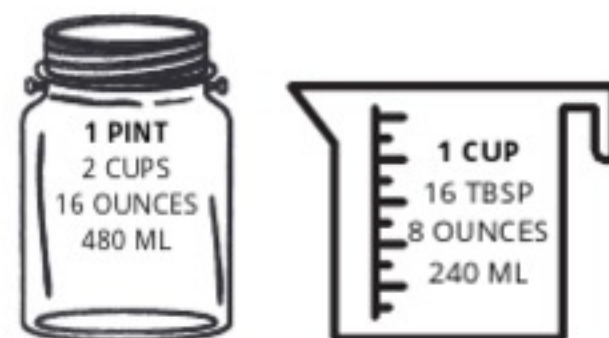


KITCHEN CONVERSION CHART

Volume conversions

Cups	Tablespoons	Teaspoons	Milliliters
		1 tsp	5 ml
1/16 cup	1 tbsp	3 tsp	15 ml
1/8 cup	2 tbsp	6 tsp	30 ml
1/4 cup	4 tbsp	12 tsp	60 ml
1/3 cup	5 1/3 tbsp	16 tsp	80 ml
1/2 cup	8 tbsp	24 tsp	120 ml
2/3 cup	10 2/3 tbsp	32 tsp	160 ml
3/4 cup	12 tbsp	36 tsp	180 ml
1 cup	16 tbsp	48 tsp	240 ml



Dry measurements

Cups	Grams	Ounces	Pounds	Tablespoons	Teaspoons
1 cup	128 g	4.5 oz.	0.28 lbs.	16 tbsp.	48 tsp.
3/4 cup	96 g	3.38 oz.	0.21 lbs.	12 tbsp.	36 tsp.
2/3 cup	85 g	3 oz.	0.19 lbs.	10 tbsp.	32 tsp.
1/2 cup	64 g	2.25 oz.	0.14 lbs.	8 tbsp.	24 tsp.
1/3 cup	43 g	1.5 oz.	0.09 lbs.	5 tbsp.	16 tsp.
1/4 cup	32 g	1.13 oz.	0.07 lbs.	4 tbsp.	12 tsp.
1/8 cup	16 g	0.5 oz.	0.03 lbs.	2 tbsp.	6 tsp.

Oven temperatures

Fahrenheit	Celsius	Gas Mark	Fahrenheit	Celsius	Gas Mark
225 °F	107 °C	1/4	375 °F	190 °C	5
250 °F	121 °C	1/2	400 °F	204 °C	6
275 °F	135 °C	1	425 °F	218 °C	7
300 °F	149 °C	2	450 °F	232 °C	8
325 °F	162 °C	3	475 °F	246 °C	9
350 °F	176 °C	4	500 °F	260 °C	10