

KITCHEN Conversion & Cooking Chart

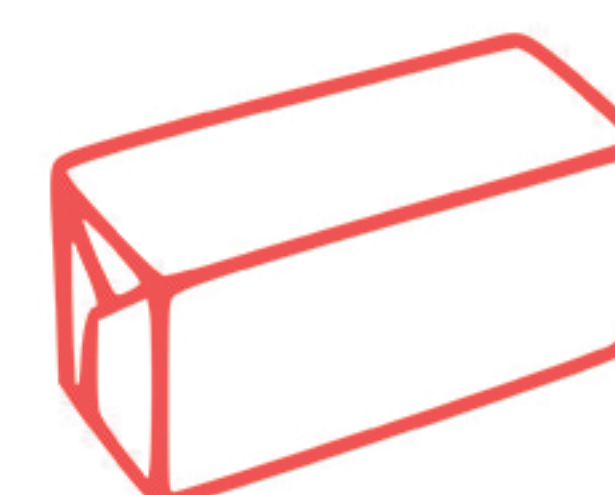
DRY MEASUREMENTS

				
½ oz	1 tbsp	⅙ C	15 g	-
1 oz	2 tbsp	⅛ C	28 g	-
2 oz	4 tbsp	¼ C	57 g	-
3 oz	6 tbsp	⅓ C	85 g	-
4 oz	8 tbsp	½ C	115 g	¼ lb
8 oz	16 tbsp	1 C	227 g	½ lb
12 oz	24 tbsp	1½ C	340 g	¾ lb
16 oz	32 tbsp	2 C	455 g	1 lb



Spoons

1 tbsp
3 tsp
½ oz
15 mL



Butter

1 stick
½ cup
¼ lb

LIQUID MEASUREMENTS

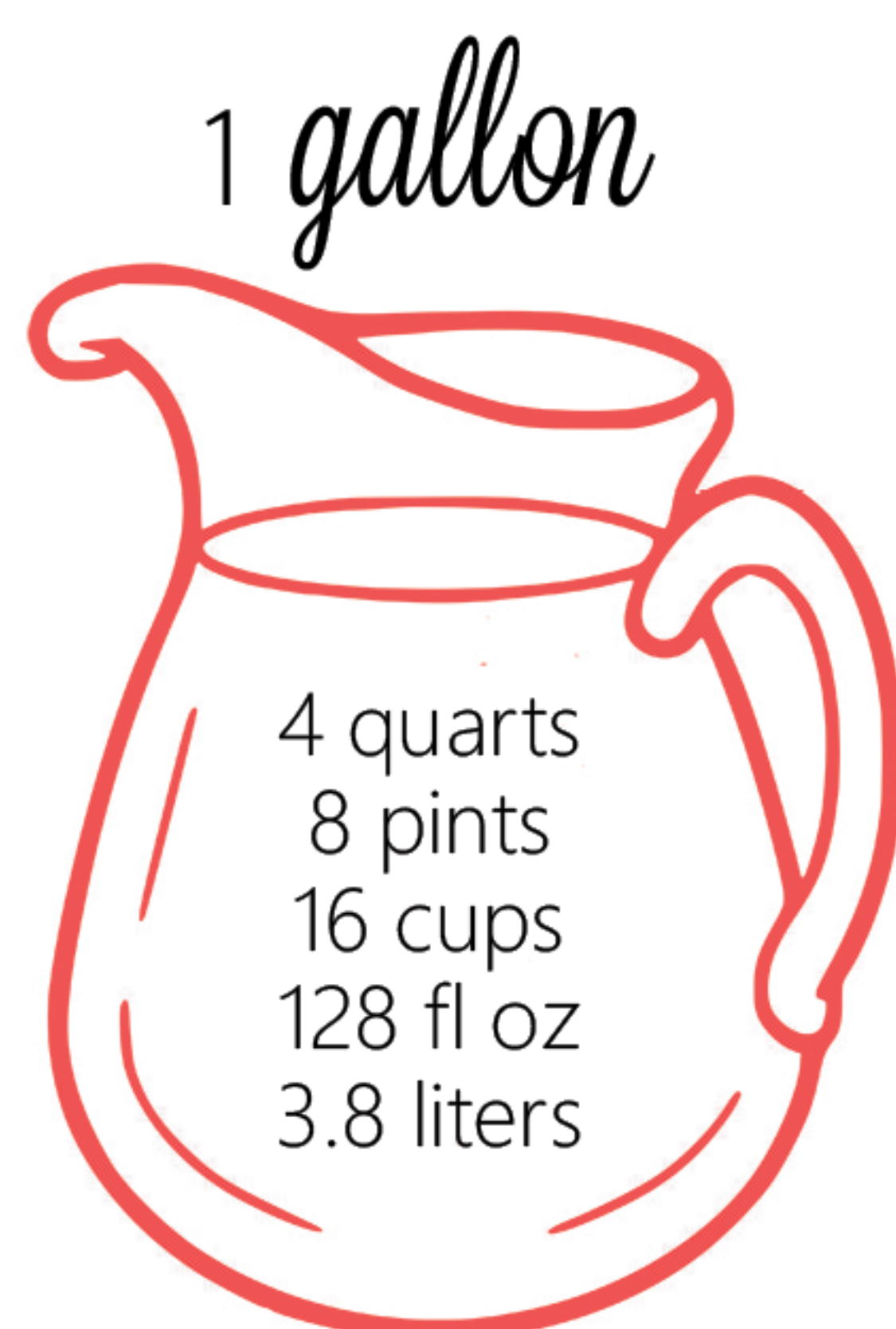
						
1 oz	6 tsp	2 tbsp	30 mL	⅛ C	-	-
2 oz	12 tsp	4 tbsp	60 mL	¼ C	-	-
2⅔ oz	16 tsp	5 tbsp	80 mL	⅓ C	-	-
4 oz	24 tsp	8 tbsp	120 mL	½ C	-	-
5⅓ oz	32 tsp	11 tbsp	160 mL	⅔ C	-	-
6 oz	36 tsp	12 tbsp	177 mL	¾ C	-	-
8 oz	48 tsp	16 tbsp	240 mL	1 C	½ pt	¼ qt
16 oz	96 tsp	32 tbsp	470 mL	2 C	1 pt	½ qt
32 oz	192 tsp	64 tbsp	950 mL	4 C	2 pt	1 qt

Egg Timer

Soft - 5 min
Medium - 7 min
Hard - 9 min

Dash / Pinch

⅙ tsp ⅛ tsp



Herbs

1 tsp dried =
1 tbsp fresh

OVEN TEMPERATURES

°F	225	250	275	300	325	350	375	400	425	450	475	500
°C	110	120	140	150	170	180	190	200	220	230	240	260