

Kitchen CONVERSION CHART



VOLUME CONVERSIONS

1 quart =

1 pint =

1 cup =

1/4 cup =

1 tbsp =

4 cups	2 cups	16 tbsp	4 tbsp	3 tsp
32 ounces	16 ounces	8 ounces	2 ounces	1/2 ounce
950 ml	480 ml	240 ml	60 ml	15 ml

cups

tablespoons

teaspoons

milliliters

		1	5
1/16	1	3	15
1/8	2	6	30
1/4	4	12	60
1/3	5 1/3	16	80
1/2	8	24	120
2/3	10 2/3	32	160
3/4	12	36	180
1	16	48	240



OVEN TEMPERATURES

celsius

fahrenheit

celsius

fahrenheit

120	250	180	350
140	280	190	375
150	300	200	400
160	325	230	450