

KITCHEN MEASUREMENTS CONVERSION CHART

DRY WEIGHTS

				
1/2 oz	1 tbsp	1/16 C	15 g	--
1 oz	2 tbsp	1/8 C	28 g	--
2 oz	4 tbsp	1/4 C	57 g	--
3 oz	6 tbsp	1/3 C	85 g	--
4 oz	8 tbsp	1/2 C	115 g	1/4 lb
8 oz	16 tbsp	1 C	227 g	1/2 lb
12 oz	24 tbsp	1 1/2 C	340 g	3/4 lb
16 oz	32 tbsp	2 C	455 g	1 lb



LIQUID CONVERSIONS



OVEN TEMP

°F	°C	Gas
500	260	10
475	240	9
450	230	8
425	220	7
400	200	6
375	190	5
350	180	4
325	170	3
300	150	2
275	140	1
250	120	1/2
225	110	1/4

For fan-forced ovens, reduce by 65°F, 20 °C

Dash=1/16 tsp
Pinch=1/8 tsp



LIQUID VOLUMES

1 TSP

=5 ml



1 TBSP

=15 ml

						
1 oz	6 tsp	2 tbsp	30 ml	1/8 C	--	--
2 oz	12 tsp	4 tbsp	60 ml	1/4 C	--	--
2(2/3) oz	16 tsp	5 tbsp	80 ml	1/3 C	--	--
4 oz	24 tsp	8 tbsp	120 ml	1/2 C	--	--
5(1/3) oz	32 tsp	11 tbsp	160 ml	2/3 C	--	--
6 oz	36 tsp	12 tbsp	177 ml	3/4 C	--	--
8 oz	48 tsp	16 tbsp	240 ml	1 C	1/2 pt	1/4 qt
16 oz	96 tsp	32 tbsp	470 ml	2 C	1 pt	1/2 qt
32 oz	192 tsp	64 tbsp	950 ml	4 C	2 pt	1 qt