

## KITCHEN CONVERSIONS

### LIQUID MEASUREMENTS

| GALLONS  | QUARTS | PINTS  | CUPS    | OUNCES    |
|----------|--------|--------|---------|-----------|
| 1 gal    | 4 qt   | 8 pt   | 16 cups | 128 fl oz |
| 1/2 gal  | 2 qt   | 4 pt   | 8 cups  | 64 fl oz  |
| 1/4 gal  | 1 qt   | 2 pt   | 4 cups  | 32 fl oz  |
| 1/8 gal  | 1/2 qt | 1 pt   | 2 cups  | 16 fl oz  |
| 1/16 gal | 1/4 qt | 1/2 pt | 1 cup   | 8 fl oz   |

### DRY MEASUREMENTS

| CUPS     | TABLESPOONS | TEASPOONS | GRAMS | MILLILITERS |
|----------|-------------|-----------|-------|-------------|
| 1 cup    | 16 tbsp     | 48 tsp    | 229 g | 240 ml      |
| 3/4 cup  | 12 tbsp     | 36 tsp    | 171 g | 180 ml      |
| 2/3 cup  | 10 2/3 tbsp | 32 tsp    | 152 g | 160 ml      |
| 1/2 cup  | 8 tbsp      | 24 tsp    | 114 g | 120 ml      |
| 1/3 cup  | 5 1/3 tbsp  | 16 tsp    | 76 g  | 80 ml       |
| 1/4 cup  | 4 tbsp      | 12 tsp    | 57 g  | 60 ml       |
| 1/8 cup  | 2 tbsp      | 6 tsp     | 29 g  | 30 ml       |
| 1/16 cup | 1 tbsp      | 3 tsp     | 14 g  | 15 ml       |

### OVEN CONVERSIONS

| °C | 120° | 135° | 150° | 165° | 180° | 190° | 200° |
|----|------|------|------|------|------|------|------|
| °F | 250° | 275° | 300° | 325° | 350° | 375° | 400° |

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|----|------|------|------|------|------|------|------|------|------|
| °F | 250° | 275° | 300° | 325° | 350° | 375° | 400° | 450° | 475° |



BUTTER  
1 stick = 1/2 cup  
1 stick = 8 tbsp  
1 stick = 4 oz  
always measure butter  
before melting it

PINCH  
1/8 tsp

DASH  
1/16 tsp

SMIDGEN  
1/32 tsp