

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

EGG TIMER



Soft
5 min.

Medium
7 min.

Hard
9 min.

OVEN TEMP

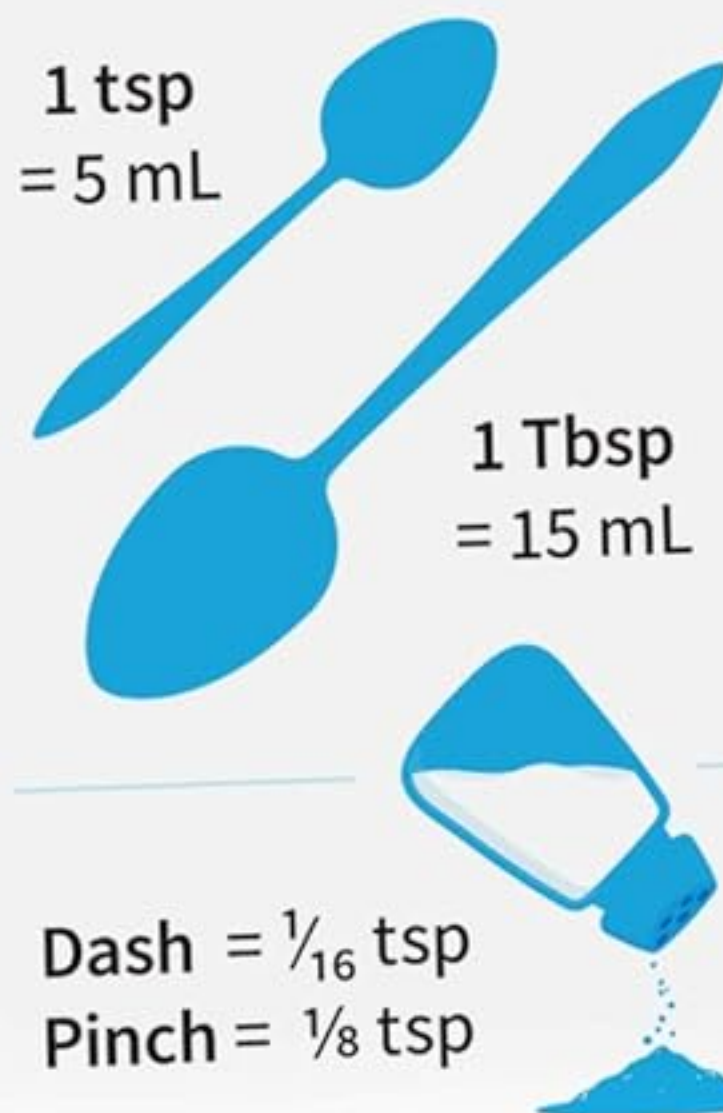
°F	°C	Gas Mark
500 -	-260	10
475 -	-240	9
450 -	-230	8
425 -	-220	7
400 -	-200	6
375 -	-190	5
350 -	-180	4
325 -	-170	3
300 -	-150	2
275 -	-140	1
250 -	-120	1/2
225 -	-110	1/4

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

LIQUID CONVERSIONS



LIQUID VOLUMES



						
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