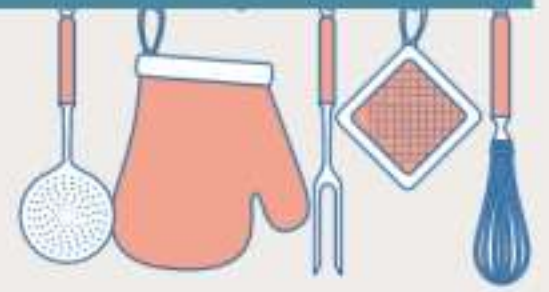


COOKING MEASUREMENT CONVERSION GUIDE



Dry Measurement



4 cups

2 cups

1 cup

3/4 cup

2/3 cup

1/2 cup

64 tbsp

32 tbsp

16 tbsp

12 tbsp

10 2/3 tbsp

8 tbsp

192 tsp

96 tsp

48 tsp

36 tsp

32 tsp

24 tsp

2 pounds

1 pound

128 g

96 g

85 g

115 g

32 oz

16 oz

8 oz

6 oz

5 oz

4 oz

946 ml

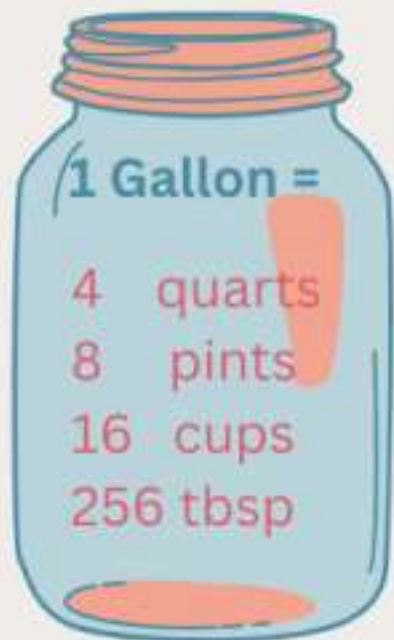
473 ml

237 ml

177 ml

158 ml

118 ml



500 F

260 C

475 F

240 C

450 F

230 C

425 F

220 C

400 F

200 C

375 F

190 C

350 F

180 C

325 F

170 C

300 F

150 C

275 F

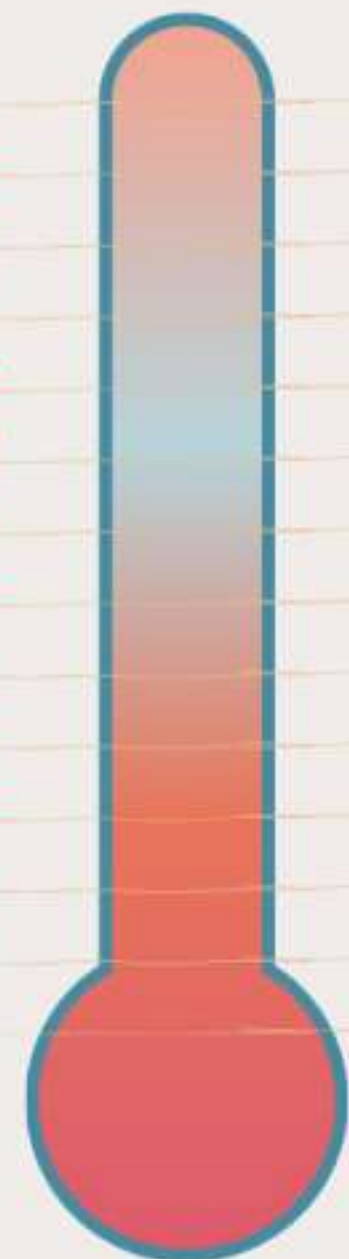
140 C

250 F

120 C

225 F

110 C



Liquid Measurement

Oven Measurement