

PRINTABLE CONVERSION CHARTS

Conversion Chart

Basic Ingredients



Flour

1/4 cup = 35 grams
1/2 cup = 70 grams
3/4 cup = 105 grams
1 cup = 140 grams



Powdered Sugar

1/4 cup = 40 grams
1/2 cup = 80 grams
1/4 cup = 120 grams
1 cup =

Sugar

1/4 cup = 50 grams
1/3 cup = 70 grams
1/2 cup = 100 grams
2/3 cup = 135 grams
3/4 cup = 150 grams
1 cup = 200 grams



Heat

1 TBSP
1/4 cup
1/2 cup
3/4 cup
1 cup =



Butter

1/2 cup = 2 sticks = 8 ounces = 230 g
1 cup = 1 stick = 4 ounces = 115 g



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Conversion Chart

Dry Goods



All Purpose Flour: 1 cup = 4.25

Bread Flour: 1 cup = 4.8 c

Cake Flour: 1 cup = 3.9 c

Pastry Flour: 1 cup = 4.25

Whole Wheat Flour: 1 cup = 4.25

Commeal, coarse: 1 cup = 6.25

Commeal, fine: 1 cup = 6.3 oz

Rolled Oats: 1 cup = 3 oz

Chopped Walnuts: 1 cup = 4.3 oz

Walnut / Pecan Halves: 1 cup = 3.5 oz

Dry, Shredded Coconut: 1 cup = 2.5 oz

Chocolate Chips: 1 cup = 5.35 oz



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Conversion Chart

Weights

Imperial - Metric

1/2 oz = 10g
3/4 oz = 20g
1 oz = 25g
1 1/2 oz = 40g
2 oz = 50g
2 1/2 oz = 60g
3 oz = 75g
4 oz = 110g
4 1/2 oz = 125g
5 oz = 150g
6 oz = 175g
7 oz = 200g
8 oz = 225g
9 oz = 250g
10 oz = 275g
12 oz = 350g
1 lb = 450g
1 lb 8 oz = 700g
2 lb = 900g
3 lb = 1350g

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Conversion Chart

Volume

Imperial - Metric

2 fl oz = 58ml
3 fl oz = 75ml
5 fl oz (1/4 pint) = 150ml
10 fl oz (1/2 pint) = 275ml
1 pint = 570ml
1 1/4 pint = 725ml
1 3/4 pint = 1 litre
2 pint = 1.2 litres
1/2 pint = 15 litres
1 pint = 2.25 litres



Liquid

Imperial - Metric

1/2 fl oz = 15 ml
1 fl oz = 30 ml
2 fl oz = 60 ml
4 fl oz = 120 ml
8 fl oz = 240ml
16 fl oz = 480ml



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Conversion Chart

Baking Pans



Cups	Equivalent
2 cups	2 x 8x4 inch loaf pans 1 x 9 inch tube pan 2 x 8 inch round cake pans 1 x 10 inch Bundt pan 18-24 cupcakes 1 x 10 inch spring/form pan
3 cups	3 x 9 inch round cake pans 2 x 10 inch pie plates 2 x 9 inch deep pan pie plates 4 x 8 inch pie plates 2 x 9x5 inch loaf pans 2 x 8 inch square baking pans 24-36 cupcakes
10 inch Bundt pan	12 cups 1 x 9x13 inch baking pan 2 x 9 inch round cake pans 18-24 cupcakes 1 x 9 inch tube pan 2 x 8x7 inch baking pans 1 x 10 inch spring/form pan

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