

KITCHEN CONVERSIONS

DRY MEASUREMENTS

CUPS	GRAMS	OUNCES	POUNDS	TABLESPOONS	TEASPOONS
1 CUP	128 G	4.5 OZ	0.28 LBS	16 TBSP	48 TSP
3/4 CUP	96 G	3.38 OZ	0.21 LBS	12 TBSP	36 TSP
2/3 CUP	85 G	3 OZ	0.19 LBS	10 TBSP	32 TSP
1/2 CUP	64 G	2.25 OZ	0.14 LBS	8 TBSP	24 TSP
1/3 CUP	43 G	1.5 OZ	0.09 LBS	5 TBSP	16 TSP
1/4 CUP	32 G	1.13 OZ	0.07 LBS	4 TBSP	12 TSP
1/8 CUP	16 G	0.5 OZ	0.03 LBS	2 TBSP	6 TSP

LIQUID MEASUREMENTS

GALLONS	QUARTS	PINTS	CUPS	US FL. OZ.	LITRES
1 GAL	4 QT	8 PT	16 CUPS	128 FL OZ	3.785 L
1/2 GAL	2 QT	4 PT	8 CUPS	64 FL OZ	1.893 L
1/4 GAL	1 QT	2 PT	4 CUPS	32 FL OZ	0.946 L
1/8 GAL	1/2 QT	1 PT	2 CUPS	16 FL OZ	0.473 L
1/16 GAL	1/4 QT	1/2 PT	1 CUP	8 FL OZ	0.236 L
1/32 GAL	1/8 QT	1/4 PT	1/2 CUP	4 FL OZ	0.118 L
1/64 GAL	1/16 QT	1/8 PT	1/4 CUP	2 FL OZ	0.059 L

OVEN TEMPERATURES

GAS MARK	FAHRENHEIT	CELSIUS
1/2	250 °F	130 °C
1	275 °F	140 °C
2	300 °F	150 °C
3	325 °F	170 °C
4	350 °F	180 °C
5	375 °F	190 °C
6	400 °F	200 °C
7	425 °F	220 °C
8	450 °F	230 °C
9	475 °F	240 °C
10	500 °F	250 °C



1 TBSP = 3 TSP = 15 ML



BUTTER CONVERSIONS

1/4 STICK = 2 TBSP
1/2 STICK = 1/4 CUP
1 STICK = 1/2 CUP