

KITCHEN CONVERSION CHART

DRY WEIGHTS



1/2 oz	1 tbsp	-	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
8 oz	16 tbsp	1 cup	227 g
12 oz	24 tbsp	1½ c	340 g
16 oz	32 tbsp	2 c	455 g

1 OZ = 28 GRAMS

1 LBS = 454 G

1 CUP = 227 G

1 TSP = 5 ML

1 TBSP = 15 ML

1 OZ = 30 ML

1 CUP = 237 ML

1 PINT = 473 ML (2 CUPS)

1 GALLON = 16 CUPS

LIQUID VOLUMES



1 oz	2 tbsp	1/8 c	30 ml
2 oz	4 tbsp	1/4 c	60 ml
2⅔ oz	6 tbsp	1/3 c	80 ml
4 oz	8 tbsp	1/2 c	120 ml
8 oz	16 tbsp	2/3 c	160 ml
12 oz	24 tbsp	3/4 c	177 ml
16 oz	32 tbsp	1 cup	237 ml
32 oz	64 tbsp	1½ c	470 ml
		2 c	950 ml

ABBREVIATIONS

tbsp = Tablespoon

tsp = Teaspoon

fl.oz - Fluid Ounce

c = cup

ml = Milliliter

lb = pound

F = Fahrenheit

C = Celsius

ml = Milliliter

g = grams

kg = kilogram

l = liter

BAKING PAN

9-inch (by 3") standard round pan = 12 cups

9-inch (by 2.5") springform pan = 10 cups

10-inch (by 4") tube pan = 16 cups

9-inch (by 3") bundt pan = 12 cups

9-inch (by 2") square pan = 10 cups

9 x 5 inch loaf pan = 8 cups

OVEN TEMP.

130 c = 250 F

165 c = 325 F

177 c = 350 F

190 c = 375 F

200 c = 400 F

220 c = 425 F