

Ounces (oz)



1 oz	=	28.4g
2 oz	=	56.8g
3 oz	=	85.2g
4 oz	=	113.6g
5 oz	=	142g

Fluid Ounces (fl oz)



1 fl oz	=	30ml
2 fl oz	=	60ml
3 fl oz	=	90ml
4 fl oz	=	120ml
5 fl oz	=	150ml

Pounds (lb)



1/4 lb	=	112.5g
1/2 lb	=	225g
3/4 lb	=	337.5g
1 lb	=	450g
1.5 lb	=	675g

Cups (liquid)

Not to be confused with drinking cups, a US cup is a cooking measure of volume



1/4 cup	=	59ml
1/2 cup	=	118ml
1 cup	=	236ml
1.5 cups	=	354ml

Cups (dry)

Note that gram weights vary depending on the type of ingredient used!



1 cup Flour*	=	125g
1 cup Butter	=	225g
1 cup Sugar	=	200g
* also icing sugar		

Other Liquids



1 US pint	=	473ml*
* 1 UK pint = 568ml		
1 quart	=	946ml
1 gallon	=	3784ml

Spoons



US teaspoon	=	5ml (same)
US dessert spoon	=	10ml (same)
US table spoon	=	17.7ml UK (15ml US)

Butter



1/2 stick	=	56g
1 stick	=	113g

COOKING CONVERSION CHART

Measurement

CUP	ONCES	MILLILITERS	TABLESPOONS
8 cup	64 oz	1895 ml	128
6 cup	48 oz	1420 ml	96
5 cup	40 oz	1180 ml	80
4 cup	32 oz	960 ml	64
2 cup	16 oz	480 ml	32
1 cup	8 oz	240 ml	16
3/4 cup	6 oz	177 ml	12
2/3 cup	5 oz	158 ml	11
1/2 cup	4 oz	118 ml	8
3/8 cup	3 oz	90 ml	6
1/3 cup	2.5 oz	79 ml	5.5
1/4 cup	2 oz	59 ml	4
1/8 cup	1 oz	30 ml	3
1/16 cup	1/2 oz	15 ml	1

Temperature

FAHRENHEIT	CELSIUS
100 °F	37 °C
150 °F	65 °C
200 °F	93 °C
250 °F	121 °C
300 °F	150 °C
325 °F	160 °C
350 °F	180 °C
375 °F	190 °C
400 °F	200 °C
425 °F	220 °C
450 °F	230 °C
500 °F	260 °C
525 °F	274 °C
550 °F	288 °C

Weight

IMPERIAL	METRIC
1/2 oz	15 g
1 oz	29 g
2 oz	57 g
3 oz	85 g
4 oz	113 g
5 oz	141 g
6 oz	170 g
8 oz	227 g
10 oz	283 g
12 oz	340 g
13 oz	369 g
14 oz	397 g
15 oz	425 g
1 lb	453 g