

Cooking Conversion Chart

tsp / t = teaspoon · Tbsp / T = tablespoon = 3 teaspoons
US cup 240 ml · metric 250 ml · imperial UK 284 ml

oz = ounces by weight · fl oz = fluid ounces, a volume
Fan or convection oven: lower by about 25°F / 20°C

VOLUME

US	TABLESPOONS	MILLILITERS
1 teaspoon	⅓ tbsp	5 ml
1 tablespoon	1 tbsp	15 ml
¼ cup	4 tbsp	60 ml
⅓ cup	5 tbsp + 1 tsp	80 ml
½ cup	8 tbsp	120 ml
⅔ cup	10 tbsp + 2 tsp	160 ml
¾ cup	12 tbsp	180 ml
1 cup	16 tbsp	240 ml
1 pint	32 tbsp	475 ml
1 quart	64 tbsp	950 ml
1 gallon	—	3.8 liters

OVEN TEMPERATURE

FAHRENHEIT	CELSIUS	GAS MARK
250°F	120°C	½
275°F	140°C	1
300°F	150°C	2
325°F	160°C	3
350°F	180°C	4
375°F	190°C	5
400°F	200°C	6
425°F	220°C	7
450°F	230°C	8
475°F	245°C	9

WEIGHT

OUNCES	POUNDS	GRAMS
1 oz	—	28 g
4 oz	¼ lb	113 g
8 oz	½ lb	227 g
12 oz	¾ lb	340 g
16 oz	1 lb	454 g
35 oz	2.2 lb	1 kg

CUPS TO GRAMS, BY INGREDIENT

1 CUP OF	GRAMS
All-purpose flour	120 g
Bread flour	130 g
Granulated sugar	200 g
Brown sugar, packed	220 g
Powdered sugar	120 g
Butter	227 g
Milk or water	240 g
Olive oil	215 g
Honey	340 g
Rice, uncooked	185 g
Rolled oats	90 g
Cocoa powder	85 g