

Conversion Charts

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

Recommended conversion to the nearest unit of 25 grams or 25 ml.

<u>Volume</u>		<u>Weights</u>	
Fluid Ounces	Millilitres	Ounces	Grams
1	25	1	25
2	55	2	50
3	75	2 ½	60
4	120	3	75
5 (1/4 pint)	150	4	100
6	175	5	150
7	200	6	175
8	225	7	200
9	250	8 (½lb)	225
10 (½ pint)	275	9	250
15 (¾ pint)	425	10	275
20 (1 pint)	570	11	300
1 ¼ pint	725	12(¾lb)	350
1 ½ pint	850	13	375
1 ¾ pint	1 litre	14	400
2 pints	1.2 litre	15	425
2 ½ pints	1.5 litre	16 (1lb)	450
4 pints	2.25 litre	1 ½lb	675
		1 ¾lb	800
		2lb	900