**BASIC KITCHEN CONVERSIONS & EQUIVALENTS**

**DRY MEASUREMENTS CONVERSION CHART**
- 3 TEASPOONS = 1 TABLESPOON = 1/16 CUP
- 6 TEASPOONS = 2 TABLESPOONS = 1/8 CUP
- 12 TEASPOONS = 4 TABLESPOONS = ¼ CUP
- 24 TEASPOONS = 8 TABLESPOONS = ½ CUP
- 36 TEASPOONS = 12 TABLESPOONS = ¾ CUP
- 48 TEASPOONS = 16 TABLESPOONS = 1 CUP

**LIQUID MEASUREMENTS CONVERSION CHART**
- 8 FLUID OUNCES = 1 CUP = ½ PINT = ¼ QUART
- 16 FLUID OUNCES = 2 CUPS = 1 PINT = ½ QUART
- 32 FLUID OUNCES = 4 CUPS = 2 PINTS = 1 QUART = ¼ GALLON
- 128 FLUID OUNCES = 16 CUPS = 8 PINTS = 4 QUARTS = 1 GALLON

**BUTTER**
- 1 CUP BUTTER = 2 STICKS = 8 OUNCES = 230 GRAMS = 8 TABLESPOONS

**METRIC TO US COOKING CONVERSIONS**

**OVEN TEMPERATURES**
- 120 C = 250 F
- 160 C = 320 F
- 180 C = 350 F
- 205 C = 400 F
- 220 C = 425 F

**BAKING IN GRAMS**
- 1 CUP FLOUR = 140 GRAMS
- 1 CUP SUGAR = 150 GRAMS
- 1 CUP POWDERED SUGAR = 160 GRAMS
- 1 CUP HEAVY CREAM = 235 GRAMS

**VOLUME**
- 1 MILLILITER = 1/5 TEASPOON
- 5 ML = 1 TEASPOON
- 15 ML = 1 TABLESPOON
- 240 ML = 1 CUP OR 8 FLUID OUNCES
- 1 LITER = 34 FL. OUNCES

**WEIGHT**
- 1 GRAM = .035 OUNCES
- 100 GRAMS = 3.5 OUNCES
- 500 GRAMS = 1.1 POUNDS
- 1 KILOGRAM = 35 OUNCES

**US TO METRIC COOKING CONVERSIONS**
- 1/5 TSP = 1 ML
- 1 TSP = 5 ML
- 1 TBSP = 15 ML
- 1 FL OUNCE = 30 ML
- 1 CUP = 237 ML
- 1 PINT (2 CUPS) = 473 ML
- 1 QUART (4 CUPS) = .95 LITER
- 1 GALLON (16 CUPS) = 3.8 LITERS
- 1 OZ = 28 GRAMS
- 1 POUND = 454 GRAMS

**WHAT DOES 1 CUP EQUAL ?**
- 1 CUP = 8 FLUID OUNCES
- 1 CUP = 16 TABLESPOONS
- 1 CUP = 48 TEASPOONS
- 1 CUP = ½ PINT
- 1 CUP = ¼ QUART
- 1 CUP = 1/16 GALLON
- 1 CUP = 240 ML

**BAKING PAN CONVERSIONS**
- 9-INCH ROUND CAKE PAN = 12 CUPS
- 10-INCH TUBE PAN = 16 CUPS
- 10-INCH BUNDT PAN = 12 CUPS
- 9-INCH SPRINGFORM PAN = 10 CUPS
- 9 X 5 INCH LOAF PAN = 8 CUPS
- 9-INCH SQUARE PAN = 8 CUPS

**BAKING PAN CONVERSIONS**
- 1 CUP ALL-PURPOSE FLOUR = 4.5 OZ
- 1 CUP ROLLED OATS = 3 OZ
- 1 LARGE EGG = 1.7 OZ
- 1 CUP BUTTER = 8 OZ
- 1 CUP MILK = 8 OZ
- 1 CUP HEAVY CREAM = 8.4 OZ
- 1 CUP GRANULATED SUGAR = 7.1 OZ
- 1 CUP PACKED BROWN SUGAR = 7.75 OZ
- 1 CUP VEGETABLE OIL = 7.7 OZ
- 1 CUP UNSIFTED POWDERED SUGAR = 4.4 OZ