

# KITCHEN

# Conversions

## LIQUID INGREDIENTS

FL OZ	CUPS	PINTS	QUARTS	GALLONS
8	1	1/2	1/4	—
16	2	1	1/2	—
32	4	2	1	1/4
128	16	8	4	1

## DRY INGREDIENTS

TSP	TBSP	CUPS
3	1	1/16
6	2	1/8
12	4	1/4
24	8	1/2
36	12	3/4
48	16	1



## US TO METRIC

1/5 tsp = 1 ml
1 tsp = 5 ml
1 tbsp = 15 ml
1 fl oz = 30 ml
1 cup = 237 ml
1 pint (2 cups) = 473 ml
1 quart (4 cups) = .95 L
1 gallon (16 cups) = 3.8 L
1 oz = 28 g
1 lb = 454 g

## BAKING IN GRAMS

- 1 cup flour = 140g
- 1 cup sugar = 150g
- 1 powdered sugar = 160g
- 1 heavy cream = 235g

## VOLUME

- 1 ml = 1/5 tsp
- 5 ml = 1 tsp
- 15 ml = 1 tbsp
- 240 ml = 1 cup (or 8 fl oz)
- 1 liter = 34 fl oz

## WEIGHT

- 1g = .035 oz
- 100g = 3.5 oz
- 500g = 1.1 lb
- 1 kg = 35 oz

## OVEN TEMPS

- 120 C° = 250 °F
- 160 C° = 320 F°
- 180 C° = 350 F°
- 205 C° = 400 F°
- 220 C° = 425 F°



1 cup = 2 sticks = 8 ounces = 230 grams = 16 tbsp



## WHAT DOES 1 CUP EQUAL?

1 cup = 8 fl oz = 16 tbsp = 48 tsp = 1/2 pints = 1/4 quart = 1/16 gallon = 240 ml

## BAKING PAN CONVERSIONS



9" Round Cake Pan = 12 Cups



10" Tube Pan = 16 Cups



10" Bundt Pan = 12 Cups



9" Springform Pan = 10 Cups



9x5" Loaf Pan = 8 Cups



9" Square Pan = 8 Cups

## POPULAR INGREDIENT CONVERSIONS

1 cup butter = 8 oz

1 large egg = 1.7 oz

1 cup heavy cream = 8.4 oz

1 cup vegetable oil = 7.7 oz

1 cup packed brown sugar = 7.75 oz

1 cup unsifted powdered sugar = 4.4 oz

1 cup granulated sugar = 7.1 oz

1 cup milk = 8 oz

1 cup all-purpose flour = 4.5 oz

1 cup rolled oats = 3 oz

## ABBREVIATION GUIDE

c = cup    tsp = teaspoon    tbsp = tablespoon    oz = ounce    lb = pound    g = gram    kg = kilogram  
 ml = milliliter    L = liter    fl oz = fluid ounces    gal = gallon    pt = pint    qt = quart