**KITCHEN Conversions**

### LIQUID INGREDIENTS

<table>
<thead>
<tr>
<th>FL OZ</th>
<th>CUPS</th>
<th>PINTS</th>
<th>QUARTS</th>
<th>GALLONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>1</td>
<td>1/2</td>
<td>1/4</td>
<td>—</td>
</tr>
<tr>
<td>16</td>
<td>2</td>
<td>1</td>
<td>1/2</td>
<td>—</td>
</tr>
<tr>
<td>32</td>
<td>4</td>
<td>2</td>
<td>1</td>
<td>1/4</td>
</tr>
<tr>
<td>128</td>
<td>16</td>
<td>8</td>
<td>4</td>
<td>1</td>
</tr>
</tbody>
</table>

### 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

### BAKING IN GRAMS

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

### VOLUME

<table>
<thead>
<tr>
<th>TSP</th>
<th>TBSP</th>
<th>CUPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>1</td>
<td>1/16</td>
</tr>
<tr>
<td>6</td>
<td>2</td>
<td>1/8</td>
</tr>
<tr>
<td>12</td>
<td>4</td>
<td>1/4</td>
</tr>
<tr>
<td>24</td>
<td>8</td>
<td>1/2</td>
</tr>
<tr>
<td>36</td>
<td>12</td>
<td>3/4</td>
</tr>
<tr>
<td>48</td>
<td>16</td>
<td>1</td>
</tr>
</tbody>
</table>

### 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

### WHAT DOES 1 CUP EQUAL?

= 8 fl oz = 16 tbsp = 1/2 pint = 1/4 quart = 1/16 gallon = 240 ml

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### 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

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