

Kitchen Measurement Conversions

Volume · Weight · Temperature — stick inside a cabinet door.

— VOLUME CONVERSIONS

Cups	Tablespoons	Teaspoons	Millilitres	Fl oz
1 cup	16 tbsp	48 tsp	240 ml	8 fl oz
¾ cup	12 tbsp	36 tsp	180 ml	6 fl oz
½ cup	8 tbsp	24 tsp	120 ml	4 fl oz
¼ cup	4 tbsp	12 tsp	60 ml	2 fl oz
1 tbsp	3 tsp	—	15 ml	½ fl oz
1 tsp	—	—	5 ml	—

— WEIGHT CONVERSIONS

Imperial	Metric
1 oz	28 g
2 oz	57 g
4 oz (¼ lb)	113 g
8 oz (½ lb)	227 g
1 lb	454 g
1 kg	2.2 lb
100 g	3.5 oz
500 g	1.1 lb

— OVEN TEMPERATURE GUIDE

Description	°F	°C	Gas
Very Low	275°F	135°C	Gas 1
Low	300°F	150°C	Gas 2
Moderate	350°F	175°C	Gas 4
Mod-High	375°F	190°C	Gas 5
Hot	400°F	200°C	Gas 6
Very Hot	425°F	220°C	Gas 7
Broil	450°F	230°C	Gas 8
High Broil	500°F	260°C	Gas 9+

— COMMON BAKING EQUIVALENTS

1 stick butter	= ½ cup = 8 tbsp = 113 g
1 cup all-purpose flour	125 g (scooped) · 120 g (spooned)
1 cup granulated sugar	200 g
1 cup brown sugar (packed)	220 g
1 cup powdered / icing sugar	120 g
1 cup honey or maple syrup	340 g (reduce other liquids by ¼ cup)

