

# BAKING CONVERSIONS

## LIQUID MEASURES

|               |                |
|---------------|----------------|
| 1 tablespoon  | 3 teaspoons    |
| 2 tablespoons | 1 fluid ounce  |
| 1/4 cup       | 4 tablespoons  |
| 1/2 cup       | 8 tablespoons  |
| 1 cup         | 16 tablespoons |
| 1 pint        | 2 cups         |
| 1 quart       | 4 cups         |
| 1 gallon      | 4 quarts       |

## DRY WEIGHTS (COMMON)

|                             |      |
|-----------------------------|------|
| All-Purpose Flour (1 cup)   | 120g |
| Granulated Sugar (1 cup)    | 200g |
| Brown Sugar (1 cup, packed) | 220g |
| Powdered Sugar (1 cup)      | 120g |
| Butter (1 stick)            | 113g |

## METRIC EQUIVALENTS

|              |        |
|--------------|--------|
| 1 teaspoon   | 5 ml   |
| 1 tablespoon | 15 ml  |
| 1/4 cup      | 60 ml  |
| 1/2 cup      | 120 ml |
| 1 cup        | 240 ml |

## OVEN TEMPERATURES

|          |             |
|----------|-------------|
| Slow     | 300F / 150C |
| Moderate | 350F / 175C |
| Hot      | 400F / 200C |
| Very Hot | 450F / 230C |

## QUICK TIPS

|             |         |
|-------------|---------|
| 1 Large Egg | ~50g    |
| 1 Pinch     | 1/8 tsp |
| 1 Dash      | 3 drops |

KITCHEN REFERENCE GUIDE • MEASUREMENTS ARE APPROXIMATE