

KITCHEN CONVERSION CHART

VOLUME EQUIVALENTS

Measurement	Equivalent
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 / 2 pints
1 gallon	4 quarts / 128 oz

DRY WEIGHT (APPROX)

Ounces	Grams
1/2 oz	15 g
1 oz	28 g
4 oz (1/4 lb)	113 g
8 oz (1/2 lb)	227 g
16 oz (1 lb)	454 g

LIQUID VOLUME (METRIC)

US Customary	Metric
1 teaspoon	5 ml
1 tablespoon	15 ml
1 fluid oz	30 ml
1 cup	237 ml
1 quart	946 ml

US Customary	Metric
1 gallon	3.78 liters

OVEN TEMPERATURES

Fahrenheit	Celsius
275 F	140 C
325 F	165 C
350 F	177 C
375 F	190 C
400 F	200 C
450 F	230 C

Standard US Measurements. For professional culinary use.