

KITCHEN CONVERSIONS

VOLUME EQUIVALENTS

1 tablespoon	3 teaspoons
1/8 cup	2 tablespoons
1/4 cup	4 tablespoons
1/3 cup	5 tbsp + 1 tsp
1/2 cup	8 tablespoons
1 cup	16 tablespoons
1 pint	2 cups / 16 fl oz
1 quart	2 pints / 4 cups
1 gallon	4 quarts

OUNCES TO GRAMS

1 oz	28 g
2 oz	56 g
4 oz (1/4 lb)	113 g
8 oz (1/2 lb)	227 g
16 oz (1 lb)	454 g

METRIC VOLUME

1 teaspoon	5 ml
1 tablespoon	15 ml
1 fluid oz	30 ml
1 cup	240 ml

1 quart

0.95 liters

OVEN TEMPERATURES

275F	140C (Cool)
300F	150C (Very Low)
325F	165C (Low)
350F	177C (Moderate)
375F	190C (Mod. Hot)
400F	200C (Hot)
425F	220C (Very Hot)
450F	230C (Extreme)

STANDARD KITCHEN REFERENCE CHART