

Measuring Equivalents, Conversion Charts, Common Kitchen Equivalents

Liquid Measures

1 cup	8 fluid ounces	1/2 pint	237 ml	16 tablespoons
2 cups	16 fluid ounces	1 pint	473 ml	32 tablespoons
4 cups	32 fluid ounces	1 quart	946 ml	
2 pints	32 fluid ounces	1 quart	0.946 liters	
4 quarts	128 fluid ounces	1 gallon	3.785 liters	
8 quarts	one peck			
4 pecks	one bushel			
dash	less than 1/4 teaspoon			
1 teaspoon	1/6 fluid ounce	5 grams	about 5 ml	
1 tablespoon	1/2 fluid ounce	15 grams	15 ml	15 ml
2 tablespoons	1 fluid ounce	30 grams	29.6 ml	1/8 cup
8 tablespoons	4 fluid ounces	1/4 pint	118.5 ml	1/2 cup

Dry Measures

3 teaspoons	1 tablespoon	1/2 ounce	14.3 grams	
2 tablespoons	1/8 cup	1 fluid ounce	28.35 grams	
4 tablespoons	1/4 cup	2 fluid ounces	56.7 grams	
5 1/3 tablespoons	1/3 cup	2.6 fluid ounces	75.6 grams	
8 tablespoons	1/2 cup	4 ounces	113.4 grams	1 stick butter
12 tablespoons	3/4 cup	6 ounces	.375 pound	170 grams
32 tablespoons	2 cups	16 ounces	1 pound	453.6 grams
64 tablespoons	4 cups	32 ounces	2 pounds	907 grams

Approximate Metric Equivalents by Weight

Metric	U.S.
1 gram	.035 ounce
50 grams	1.75 ounces
100 grams	3.5 ounces
250 grams	3.5 ounces
500 grams	1.1 pounds
1 kilogram	2.2 pounds

Temperature Conversion

Fahrenheit	Celsius
32 F	0 C
50 F	10 C
100 F	37.8 C
150 F	65.6 C
200 F	93.3 C
250 F	120 C
300 F	150 C
350 F	175 C
400 F	205 C
450 F	230 C
500 F	260 C