

Cooking Measurement Conversions

Teaspoon & Tablespoon Measures

- Dash or pinch = $>1/8$ tsp
 - $1\text{-}1/2$ tsp = $1/2$ Tbsp
 - 3 tsp = 1 Tbsp; $1/2$ fl oz
 - $4\text{-}1/2$ tsp = $1\text{-}1/2$ Tbsp
 - 2 Tbsp = $1/8$ C; 1 fl oz
 - 4 Tbsp = $1/4$ C; 2 fl oz
 - 8 Tbsp = $1/2$ C; 4 fl oz
 - 12 Tbsp = $3/4$ C; 6 fl oz
 - 16 Tbsp = 1 C; 8 fl oz; $1/2$ pt
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Cup Measures

- $1/8$ C = 2 Tbsp; 1 fl oz
 - $1/4$ C = 4 Tbsp; 2 fl oz
 - $1/3$ C = 5 Tbsp + 1 tsp
 - $1/2$ C = 8 Tbsp; 4 fl oz
 - $2/3$ C = 10 Tbsp + 2 tsp
 - $3/4$ C = 12 Tbsp; 6 fl oz
 - $7/8$ C = $3/4$ C + 2 Tbsp
 - 1 C = 16 Tbsp; 8 fl oz; $1/2$ pt
 - 2 C = 1 pt; 16 fl oz
 - 4 C = 2 pt; 1 qt; 32 fl oz
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Pints, Quarts, Gallons & Pounds

- $1/2$ pt = 1 C; 8 fl oz
- 1 pt = 2 C; 16 fl oz
- 1 qt = 4 C; 32 fl oz
- 1 gal = 4 qt; 16 C
- $1/4$ lbs = 4 oz
- $1/2$ lbs = 8 oz
- $3/4$ lbs = 12 oz
- 1 lbs = 16 oz

Metric Volume Conversions

- 1 ml = $1/5$ tsp
 - 5 ml = 1 tsp
 - 15 ml = 1 Tbsp
 - 60 ml = $1/4$ C; 2 fl oz
 - 80 ml = $1/3$ C
 - 125 ml = $1/2$ C; 4 fl oz
 - 160 ml = $2/3$ C
 - 180 ml = $3/4$ C; 6 fl oz
 - 250 ml = 1 C; 8 fl oz
 - 375 ml = $1\text{-}1/2$ C; 12 fl oz
 - 500 ml = 2 C; 16 fl oz; 1 pt
 - 700 ml = 3 C
 - 950 ml = 4 C; 32 fl oz; 1 qt
 - 1 L = 33.8 fl oz
 - 3.8 L = 4 qt; 1 gal
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Metric Weight Conversions

- 1 gr = 0.035 oz
 - 100 gr = 3.5 oz
 - 500 gr = 17.6 oz; 1.1 lbs
 - 1 kg = 35 oz; 2.2 lbs
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Cooking & Oven Temperature

- 0°C = 32°F
- 100°C = 212°F
- 120°C = 250°F
- 160°C = 320°F
- 180°C = 350°F
- 190°C = 375°F
- 205°C = 400°F
- 220°C = 425°F
- 230°C = 450°F