






# KITCHEN

## Conversion & Cooking Chart

### DRY MEASUREMENTS

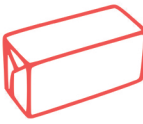
				
1/2 oz	1 tbsp	1/16 C	15 g	-
1 oz	2 tbsp	1/8 C	28 g	-
2 oz	4 tbsp	1/4 C	57 g	-
3 oz	6 tbsp	1/3 C	85 g	-
4 oz	8 tbsp	1/2 C	115 g	1/4 lb
8 oz	16 tbsp	1 C	227 g	1/2 lb
12 oz	24 tbsp	1 1/2 C	340 g	3/4 lb
16 oz	32 tbsp	2 C	455 g	1 lb

*Spoons*










1 tbsp  
3 tsp  
1/2 oz  
15 mL

*Butter*



1 stick  
1/2 cup  
1/4 lb

### LIQUID MEASUREMENTS

						
1 oz	6 tsp	2 tbsp	30 mL	1/8 C	-	-
2 oz	12 tsp	4 tbsp	60 mL	1/4 C	-	-
2 2/3 oz	16 tsp	5 tbsp	80 mL	1/3 C	-	-
4 oz	24 tsp	8 tbsp	120 mL	1/2 C	-	-
5 1/3 oz	32 tsp	11 tbsp	160 mL	2/3 C	-	-
6 oz	36 tsp	12 tbsp	177 mL	3/4 C	-	-
8 oz	48 tsp	16 tbsp	240 mL	1 C	1/2 pt	1/4 qt
16 oz	96 tsp	32 tbsp	470 mL	2 C	1 pt	1/2 qt
32 oz	192 tsp	64 tbsp	950 mL	4 C	2 pt	1 qt


*Egg Timer*

Soft - 5 min  
Medium - 7 min  
Hard - 9 min

*Dash / Pinch*

1/16 tsp    1/8 tsp

1 gallon



4 quarts  
8 pints  
16 cups  
128 fl oz  
3.8 liters

1 quart



2 pints  
4 cups  
32 fl oz  
946 liters

1 pint



2 cups  
16 fl oz  
470 liters

1/4 cup



4 tbsp  
12 tsp  
2 fl oz  
60 ml

1 cup



16 tbsp  
8 fl oz  
240 ml

*Herbs*



1 tsp dried =  
1 tbsp fresh

### OVEN TEMPERATURES

°F	225	250	275	300	325	350	375	400	425	450	475	500
°C	110	120	140	150	170	180	190	200	220	230	240	260