

KITCHEN

Conversions

CHEAT SHEET

DRY CONVERSIONS

Cups	Grams	Ounces	Lbs	Tbsp	Tsp
1 CUP	128 G	4.5 OZ	0.28 LBS	16 TBSP	48 TSP
3/4 CUP	96 G	3.38 OZ	0.21 LBS	12 TBSP	36 TSP
2/3 CUP	85 G	3 OZ	0.19 LBS	10 TBSP	32 TSP
1/2 CUP	64 G	2.25 OZ	0.14 LBS	8 TBSP	24 TSP
1/3 CUP	43 G	1.5 OZ	0.09 LBS	5 TBSP	16 TSP
1/4 CUP	32 G	1.13 OZ	0.07 LBS	4 TBSP	12 TSP
1/8 CUP	16 G	0.5 OZ	0.03 LBS	2 TBSP	6 TSP

Tbsp



15ML

Dessert Spoon



10ML

Tsp



5ML

LIQUID CONVERSIONS

Gal	Quarts	Pints	Cups	US fl. oz.	Liter
1 GAL	4 QT	8 PT	16 CUPS	128 FL OZ	3.785 L
1/2 GAL	2 QT	4 PT	8 CUPS	64 FL OZ	1.893 L
1/4 GAL	1 QT	2 PT	4 CUPS	32 FL OZ	0.946 L
1/8 GAL	1/2 QT	1 PT	2 CUPS	16 FL OZ	0.473 L
1/16 GAL	1/4 QT	1/2 PT	1 CUP	8 FL OZ	0.236 L
1/32 GAL	1/8 QT	1/4 PT	1/2 CUP	4 FL OZ	0.118 L
1/64 GAL	1/16 QT	1/8 PT	1/4 CUP	2 FL OZ	0.059 L

1/4 cup



FLOUR 32 G
SUGAR 50 G
BUTTER 55 G

1/2 cup



FLOUR 64 G
SUGAR 100 G
BUTTER 112 G

1 cup



FLOUR 125 G
SUGAR 200 G
BUTTER 225 G

OVEN TEMPERATURE

250 °F	275 °F	300 °F	325 °F	350 °F	375 °F	400 °F	425 °F	450 °F	475 °F
130 °C	140 °C	150 °C	170 °C	180 °C	190 °C	200 °C	220 °C	230 °C	240 °C