

## MEASUREMENTS CONVERSION CHART

MEASURE	EQUIVALENT
$\frac{1}{16}$ teaspoon	Dash
$\frac{1}{8}$ teaspoon	A pinch
3 teaspoons	1 tablespoon
$\frac{1}{8}$ cup	2 tablespoons (=1 standard coffee scoop)
$\frac{1}{4}$ cup	4 tablespoons
$\frac{1}{3}$ cup	5 tablespoons plus 1 teaspoon
$\frac{1}{2}$ cup	8 tablespoons
$\frac{3}{4}$ cup	12 tablespoons
1 cup	16 tablespoons
1 pound	16 ounces
8 fluid ounces	1 cup
1 pint	2 cups (= 16 fluid ounces)
1 quart	2 pints (= 4 cups)
1 gallon	4 quarts (= 16 cups)

### U.S. TO METRIC CONVERSIONS

$\frac{1}{5}$ teaspoon	1 ml (ml stands for milliliter, one thousandth of a liter)
1 teaspoon	5 ml
1 tablespoon	15 ml
1 fluid oz.	30 ml
$\frac{1}{5}$ cup	50 ml
1 cup	240 ml
2 cups (1 pint)	470 ml
4 cups (1 quart)	.95 liter
4 quarts (1 gal.)	3.8 liters
1 oz.	28 grams
1 pound	454 grams

### METRIC TO U.S. CONVERSIONS

1 milliliter	$\frac{1}{5}$ teaspoon
5 ml	1 teaspoon
15 ml	1 tablespoon
30 ml	1 fluid oz.
100 ml	3.4 fluid oz.
240 ml	1 cup
1 liter	34 fluid oz.
1 liter	4.2 cups
1 liter	2.1 pints
1 liter	1.06 quarts
1 liter	.26 gallon

## MEASUREMENTS CONVERSION CHART (continued)

1 gram	.035 ounce
100 grams	3.5 ounces
500 grams	1.10 pounds
1 kilogram	2.205 pounds
1 kilogram	35 oz.

### PAN SIZE EQUIVALENTS

9-by-13 inches baking dish	22-by-33 centimeter baking dish
8-by-8 inches baking dish	20-by-20 centimeter baking dish
9-by-5 inches loaf pan	23-by-12 centimeter loaf pan (= 8 cups or 2 liters in capacity)
10-inch tart or cake pan	25-centimeter tart or cake pan
9-inch cake pan	22-centimeter cake pan

### OVEN TEMPERATURE CONVERSIONS

#### FARENHEIT      CELSIUS

275°F	140°C
300°F	150°C
325°F	165°C
350°F	180°C
375°F	190°C
400°F	200°C
425°F	220°C
450°F	230°C
475°F	240°C

### RATIOS FOR SELECTED FOODS

#### BUTTER

1 tablespoon	14 grams		
1 stick	4 ounces = 113 grams	8 tablespoons	½ cup
4 sticks	16 ounces = 452 grams	32 tablespoons	2 cups

#### LEMONS

1 lemon	1 to 3 tablespoons juice, 1 to 1 ½ teaspoons grated zest
4 large lemons	1 cup juice                      ¼ cup grated zest

#### CHOCOLATE

1 ounce	¼ cup grated = 40 grams
6 ounces chips	1 cup chips = 160 grams
cocoa powder	1 cup = 115 grams