

Measurements Conversion Chart

US Dry Volume Measurements	
MEASURE	EQUIVALENT
1/16 teaspoon	dash
1/8 teaspoon	a pinch
3 teaspoons	1 Tablespoon
1/8 cup	2 tablespoons (= 1 standard coffee scoop)
1/4 cup	4 Tablespoons
1/3 cup	5 Tablespoons plus 1 teaspoon
1/2 cup	8 Tablespoons
3/4 cup	12 Tablespoons
1 cup	16 Tablespoons
1 Pound	16 ounces
US liquid volume measurements	
8 Fluid ounces	1 Cup
1 Pint	2 Cups (= 16 fluid ounces)
1 Quart	2 Pints (= 4 cups)
1 Gallon	4 Quarts (= 16 cups)
US to Metric Conversions	
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
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 US Conversions	
1 milliliter	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
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 Equivalent	
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

Fahrenheit	Celsius	Gas Mark
275° F	140° C	gas mark 1-cool
300° F	150° C	gas mark 2
325° F	165° C	gas mark 3-very moderate
350° F	180° C	gas mark 4-moderate
375° F	190° C	gas mark 5
400° F	200° C	gas mark 6-moderately hot
425° F	220° C	gas mark 7- hot
450° F	230° C	gas mark 9
475° F	240° C	gas mark 10- very hot