

Cooking Measurements

Your Complete Kitchen Conversion Chart

1 Volume Conversions

Measurement	Tablespoons	Fl. Oz	Milliliters
1 tablespoon	3 tsp	0.5 fl oz	15 ml
1/4 cup	4 tbsp	2 fl oz	60 ml
1/3 cup	5 tbsp + 1 tsp	2.7 fl oz	79 ml
1/2 cup	8 tbsp	4 fl oz	118 ml
1 cup	16 tbsp	8 fl oz	237 ml
2 cups (1 pint)	32 tbsp	16 fl oz	473 ml
4 cups (1 quart)	64 tbsp	32 fl oz	0.95 L
4 quarts (1 gallon)	—	128 fl oz	3.8 L

2 Weight Conversions

Ounces	Grams	Common Ingredient	Grams
1 oz	28 g	1 cup flour	120 g
4 oz (1/4 lb)	113 g	1 cup sugar	200 g
8 oz (1/2 lb)	227 g	1 cup butter	227 g
16 oz (1 lb)	454 g	1 stick butter	113 g
2.2 lb	1 kg	1 large egg	≈50 g

3 Oven Temperatures

Fahrenheit	Celsius	Gas Mark	Heat Level
275°F	135°C	1	Very Low
300°F	150°C	2	Low
325°F	163°C	3	Moderate Low
350°F	177°C	4	Moderate
375°F	191°C	5	Moderate High
400°F	204°C	6	Hot

425°F	218°C	7	Hot
450°F	232°C	8	Very Hot

Common Abbreviations

tsp — teaspoon

tblsp / T — tablespoon

c — cup

fl oz — fluid ounce

oz — ounce

lb — pound

g / kg — gram / kilogram

ml / L — milliliter / liter

pt / qt / gal — pint / quart / gallon

Handy Kitchen Tips

A **pinch** $\approx$ 1/16 teaspoon

A **dash** $\approx$ 1/8 teaspoon

1 stick butter = 1/2 cup = 8 tbsp

Doubling a recipe: multiply every ingredient $\times 2$

Halving a recipe: divide every ingredient $\div 2$

When halving eggs, beat one egg and use half

Print this guide and keep it on your fridge or inside a cabinet door for quick reference.

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