

**US DRY VOLUME MEASUREMENTS**

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 Tablespoon PLUS 1 teaspoon
1/2 cup	8 Tablespoons
3/4 cup	12 Tablespoons
1 cup	16 Tablespoons
1 pound	16 ounces

**US LIQUID VOLUME**

8 fl. oz	1 cup
1 pint	2 cups (=16 fl. oz.)
1 quart	2 pints (=4 cups)
1 gallon	4 quarts (=16 cups)

**US METRIC CONVERSION**

1/5 teaspoon	1 ml (milliliter)
1 teaspoon	5 ml
1 Tablespoon	15 ml
1 fl. 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 gallon)	3.8 liters
1 oz.	28 grams

**METRIC TO US CONVERSIONS**

1 milliliter	1/5 teaspoon
5 ml	1 teaspoon
15 ml	1 tablespoon
30 ml	1 fl oz
100 ml	3.4 fl oz
240 ml	1 cup
1 liter	34 fl oz
1 liter	4.2 cups
1 liter	2.1 pints
1 liter	1.06 quarts
1 liter	.26 gallon
1 gram	.035 oz
100 grams	3.5 oz
500 grams	1.10 pounds
1 kilogram	2.205 pounds
1 kilogram	35 oz

PAN SIZE EQUIVALENTS	
9 X 13 inch baking dish	22 X 33 cm baking dish
8 X 8 inch baking dish	20 X 20 cm baking dish
9X 5 inch loaf pan	23 X 12 cm loaf pan (=8 CUPS OR 2 LITERS IN CAPACITY)
10 inch tart or cake pan	25 cm tart or cake pan
9 inch cake pan	22 cm 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

RATIO FOR SELECTED FOODS		
Measure	Equivalents	
<b>Butter</b>		
1 Tablespoon	14 grams	
1 stick	4 ounces = 113 grams	
8 Tablespoons	1/2 cup	
4 sticks	16 oz = 452 grams	
32 Tablespoons	2 cups	
<b>lemon</b>		
1 lemon	1 to 3 tablespoons juice, 1 - 1.5 teaspoons grated zest	
4 large lemons	1 cup juice	1/4 cup grated zest
<b>chocolate</b>		
1 ounce	1/4 cup grated 40 grams	
6 ounces chips	1 cup chips, 160 grams	
cocoa powder	1 cup, 115 grams	
<b>Creams</b>		
Half and half	1/2 milk, 1/2 cream	10.5 to 18% butterfat
light cream		18% butterfat
light whipping cream		26-30 buterfat
heavy cream	whipping cream	36% or more butterfat
double cream	extra thick double cream	42% butterfat

\*\*\*\*taken from smartcooking.com