THE KITCHEN CONVERSION CARD

Quick, practical equivalents for everyday cooking and baking

NERD MEETS FOOD

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VOLUME / US KITCHEN MEASURES

Metric amounts are rounded for kitchen use

1 tsp	1 tbsp = 3 tsp	1 fl oz = 2 tbsp
5 mL TEASPOON	**15 mL** TABLESPOON	**30 mL** FLUID OUNCE
1/4 cup = 4 tbsp	1/3 cup = 5 tbsp + 1 tsp	1/2 cup = 8 tbsp
60 mL QUARTER CUP	**80 mL** ONE-THIRD CUP	**120 mL** HALF CUP
1 cup = 16 tbsp = 8 fl oz	1 US pint = 2 cups	1 US quart = 2 pints = 4 cups
240 mL CUP	**475 mL** PINT	**950 mL** QUART

WEIGHT & OVEN TEMPERATURE

WEIGHT

1 oz (weight)	28.35 g
1 lb	16 oz = 454 g
1 kg	1,000 g = 2.2 lb

OVEN TEMPERATURE

325°F = 163°C	**350°F = 177°C**	**375°F = 191°C**
400°F = 204°C	**425°F = 218°C**	**180°C = 356°F**

APPROXIMATE WEIGHT PER US CUP

INGREDIENT	GRAMS
All-purpose flour*	**120 g**
Granulated sugar	**198 g**
Packed brown sugar	**213 g**
Unsweetened cocoa	**84 g**
Butter	**227 g**
Milk	**244 g**
Honey	**336 g**

*Flour spooned & leveled; brown sugar packed. Ingredient weights: King Arthur Baking; milk: USDA.

Approximate weights; weigh for baking precision. oz = weight • fl oz = volume