

Weights

Weights can be converted with the following table. Note that the ounces referred to in this table are not the same as fluid.

Quantity	Metric
1 ounce	28 g
4 ounces or 1/4 pound	113g
1/3 pound	150 g
8 ounces or 1/2 pound	230g
2/3 pound	300 g
12 ounces or 3/4 pound	340 g
1 pound or 16 ounces	450 g
3/4 cup or 6 fluid ounces	900 g

Oven Temperatures

Fahrenheit	Centigrade	Description
225 F	105 C	Very Cool
250 F	120 C	Very Cool
275 F	130 C	Cool
300 F	150 C	Cool
325 F	165 C	Very Moderate
350 F	180 C	Moderate
375 F	190 C	Moderate
400 F	200 C	Moderately Hot
425 F	220 C	Hot
450 F	230 C	Hot
475 F	245 C	Very Hot

Liquids

Liquids can be converted to liters or milliliters with the following table. Small volumes (less than about 1 fluid ounce or 2 tablespoons) of ingredients such as salt, herbs, spices, baking powder, etc. should also be converted with this table. Do not use this table to convert other non-liquid ingredients.

Quantity	Metric
1 teaspoon	5 mL
1 tablespoon or 1/2 fluid ounce	15 mL
1 fluid ounce or 1/8 cup	30 mL
1/4 cup or 2 fluid ounces	60 mL
1/3 cup	80 mL
1/2 cup or 4 fluid ounces	120 mL
2/3 cup	160 mL
3/4 cup or 6 fluid ounces	180 mL
1 cup or 8 fluid ounces or half a pint	240 mL
1 1/2 cups or 12 fluid ounces	350 mL
2 cups or 1 pint or 16 fluid ounces	475 mL
3 cups or 1 1/2 pints	700 mL
4 cups or 2 pints or 1 quart	950 mL
4 quarts or 1 gallon	3.8 L

Note: In cases where higher precision is not justified, it may be convenient to round these conversions off as follows:

1 cup = 250 mL
 1 pint = 500 mL
 1 quart = 1 L
 1 gallon = 4 L

Other non-liquid ingredients

Ingredient	1 cup	3/4 cup	2/3 cup	1/2 cup	1/3 cup	1/4 cup	2 Tbsp
Flour, all purpose (wheat)	120 g	90 g	80 g	60 g	40 g	30 g	15 g
Flour, well sifted all purpose (wheat)	110 g	80 g	70 g	55 g	35 g	27 g	13 g
Sugar, granulated cane	200 g	150 g	130 g	100 g	65 g	50 g	25 g
Confectioner's sugar (cane)	100 g	75 g	70 g	50 g	35 g	25 g	13 g
Brown sugar, packed firmly (but not too firmly)	180 g	135 g	120 g	90 g	60 g	45 g	23 g
Corn meal	160 g	120 g	100 g	80 g	50 g	40 g	20 g
Corn starch	120 g	90 g	80 g	60 g	40 g	30 g	15 g
Rice, uncooked	190 g	140 g	125 g	95 g	65 g	48 g	24 g
Macaroni, uncooked	140 g	100 g	90 g	70 g	45 g	35 g	17 g
Couscous, uncooked	180 g	135 g	120 g	90 g	60 g	45 g	22 g
Oats, uncooked quick	90 g	65 g	60 g	45 g	30 g	22 g	11 g
Table salt	300 g	230 g	200 g	150 g	100 g	75 g	40 g
Butter	240 g	180 g	160 g	120 g	80 g	60 g	30 g
Vegetable shortening	190 g	140 g	125 g	95 g	65 g	48 g	24 g
Chopped fruits and vegetables	150 g	110 g	100 g	75 g	50 g	40 g	20 g
Nuts, chopped	150 g	110 g	100 g	75 g	50 g	40 g	20 g
Nuts, ground	120 g	90 g	80 g	60 g	40 g	30 g	15 g
Bread crumbs, fresh, loosely packed	60 g	45 g	40 g	30 g	20 g	15 g	8 g
Bread crumbs, dry	150 g	110 g	100 g	75 g	50 g	40 g	20 g
Parmesan cheese, grated	90 g	65 g	60 g	45 g	30 g	22 g	11 g