Kitchen Conversion Chart

gramsintocups.com

Volume

Measure	Equals	Fluid oz	Metric
1 tsp	⅓ tbsp	0.167 fl oz	4.9 ml
1 tbsp	3 tsp	½ fl oz	15 ml
⅛ cup	2 tbsp	1 fl oz	30 ml
¼ cup	4 tbsp	2 fl oz	59 ml
⅓ cup	5 tbsp + 1 tsp	2.67 fl oz	79 ml
½ cup	8 tbsp	4 fl oz	118 ml
⅔ cup	10 tbsp + 2 tsp	5.33 fl oz	158 ml
¾ cup	12 tbsp	6 fl oz	177 ml
1 cup	16 tbsp	8 fl oz	237 ml
1 pint	2 cups	16 fl oz	473 ml
1 quart	4 cups	32 fl oz	946 ml
1 gallon	16 cups	128 fl oz	3.79 L

Weight

Ounces	Pounds	Grams
1 oz	1/16 lb	28 g
2 oz	⅛ lb	57 g
4 oz	¼ lb	113 g
8 oz	½ lb	227 g
12 oz	¾ lb	340 g
16 oz	1 lb	454 g
32 oz	2 lb	907 g

Butter (US sticks)

Sticks	Cups	Tbsp	Grams
¼	⅛	2	28 g
½	¼	4	57 g
1	½	8	113 g
2	1	16	227 g
4	2	32	454 g

Grams in a cup

Ingredient	1 cup	½ cup	¼ cup	1 tbsp
All-purpose flour	120 g	60 g	30 g	7.5 g
Bread flour	120 g	60 g	30 g	7.5 g
Whole wheat flour	113 g	57 g	28 g	7.1 g
Granulated sugar	198 g	99 g	50 g	12 g
Brown sugar (packed)	213 g	107 g	53 g	13 g
Powdered sugar	113 g	57 g	28 g	7.1 g
Butter	227 g	113 g	57 g	14 g
Vegetable oil	218 g	109 g	55 g	14 g
Water	237 g	118 g	59 g	15 g
Milk	244 g	122 g	61 g	15 g
Honey	339 g	170 g	85 g	21 g
White rice (uncooked)	185 g	93 g	46 g	12 g
Rolled oats	89 g	45 g	22 g	5.6 g
Cocoa powder	84 g	42 g	21 g	5.3 g
Chocolate chips	170 g	85 g	43 g	11 g
Chopped walnuts	113 g	57 g	28 g	7.1 g

Weights: King Arthur Baking (flour, sugar, oats, cocoa, chips, nuts); USDA (dairy, oil, honey, rice).

Oven temperatures

°F	°C	°C fan	Gas
225	110	90	¼
250	120	100	½
275	140	120	1
300	150	130	2
325	160	140	3
350	180	160	4
375	190	170	5
400	200	180	6
425	220	200	7
450	230	210	8
475	250	230	9

°C rounded to the nearest 10. Fan = 20 °C lower.

US customary cup = 236.6 ml. Figures are rounded for the kitchen. Sources and method: gramsintocups.com/editorial-sources/