

KITCHEN

Kitchen conversion chart

Cups, spoons, ounces and oven temperatures in milliliters, grams and °C, with the exact value and the rounding cooks use.



Cups and spoons

US measures to mL

US MEASURE	EXACTLY	RECIPES USE
½ tsp	2.46 mL	2.5 mL
1 tsp	4.93 mL	5 mL
1 tbsp	14.79 mL	15 mL
1 fl oz (2 tbsp)	29.57 mL	30 mL
¼ cup	59.15 mL	60 mL
⅓ cup	78.86 mL	80 mL
½ cup	118.29 mL	120 mL
⅔ cup	157.73 mL	160 mL
¾ cup	177.44 mL	180 mL
1 cup (8 fl oz)	236.59 mL	240 mL

US customary: 1 cup = 236.5882365 mL, 1 tbsp = 14.78676478125 mL, 1 tsp = 4.92892159375 mL, all exact (from 1 US gal = 3.785411784 L). 1 pint = 473 mL, 1 quart = 946 mL, 1 gallon = 3.785 L.



Oven temperatures

°F, °C and gas mark

FAHRENHEIT	RECIPE °C	GAS MARK	EXACT °C	OVEN
225°F	110°C	¼	107.2°C	very cool
250°F	120°C	½	121.1°C	very cool
275°F	140°C	1	135.0°C	cool
300°F	150°C	2	148.9°C	cool
325°F	160°C	3	162.8°C	warm
350°F	180°C	4	176.7°C	moderate
375°F	190°C	5	190.6°C	mod. hot
400°F	200°C	6	204.4°C	fairly hot
425°F	220°C	7	218.3°C	hot
450°F	230°C	8	232.2°C	very hot
475°F	240°C	9	246.1°C	very hot

Recipe °C is the rounded value cookbooks use. Exact °C = (°F – 32) × 5/9. Fan ovens cook hotter: set them about 20°C (36°F) lower. US convection advice is 25°F (14°C) lower.



Ounces and pounds

weight

US WEIGHT	GRAMS	METRIC WEIGHT	US WEIGHT
1 oz	28.3 g	100 g	3.5 oz
2 oz	56.7 g	250 g	8.8 oz
4 oz	113.4 g	500 g	17.6 oz
8 oz	226.8 g	1 kg	35.3 oz
12 oz	340.2 g	2 kg	4.4 lb
16 oz (1 lb)	453.6 g	5 kg	11.0 lb



Cups to grams

depends on the ingredient

INGREDIENT	VOLUME	WEIGHT	
All-purpose flour	1 cup	120 g	4¼ oz
Granulated sugar	1 cup	198 g	7 oz
Brown sugar, packed	1 cup	213 g	7½ oz
Butter	8 tbsp (½ cup)	113 g	4 oz
Honey	1 tbsp	21 g	¾ oz

A cup is a volume, not a weight. A cup of flour and a cup of honey weigh very different amounts, so there is no single cups-to-grams factor. Values from the King Arthur Baking Ingredient Weight Chart (kingarthurbaking.com/learn/ingredient-weight-chart); weigh your own flour to be sure.



Handy equivalents

1 cup = 16 tbsp = 48 tsp	1 tbsp = 3 tsp
1 cup = 8 fl oz	1 fl oz = 2 tbsp
1 pint = 2 cups	1 quart = 4 cups
1 gallon = 16 cups	1 pound = 16 oz
½ cup = 8 tbsp	⅓ cup = 5 tbsp + 1 tsp
¾ cup = 12 tbsp	1 stick butter = 8 tbsp = 4 oz

Watch the units: a US cup (237 mL) is not a metric cup (250 mL); a US pint is 473 mL, a UK pint 568 mL; a US tablespoon is 14.8 mL, a UK one 15 mL, an Australian one 20 mL. Weighing beats measuring by volume.