

{ Conversion Chart }

Liquid, Volume, Herbs and Spices

Avoirdupois	Metric	Imperial
1/4 tsp		1.2 ml
1/2 tsp		2.5 ml
1 tsp		5.0 ml
1/2 Tbsp (1 1/2 tsp)		7.5 ml
1 Tbsp (3 tsp)	1/2 fl oz	15 ml
1/8 cup	1 fl oz	30 ml
1/4 cup (4 Tbsp)	2 fl oz	60 ml
1/3 cup (5 Tbsp)	2 1/2 oz	80 ml
1/2 cup (8 Tbsp)	4 fl oz	120 ml
2/3 cup (10 Tbsp)	5 fl oz	160 ml
3/4 cup (12 Tbsp)	6 fl oz	180 ml
1 cup (16 Tbsp)	8 fl oz (1/2 a pint)	250 ml
1 1/4 cups	10 fl oz	300 ml
1 1/2 cups	12 fl oz	350 ml
2 cups	16 fl oz (1 pint)	475 ml
2 1/2 cups	20 fl oz	625 ml
3 cups	24 fl oz (1 1/2 pints)	700 ml
4 cups	32 fl oz (1 quart)	950 ml
4 quarts	128 fl oz (1 gallon)	3.8 l

Weight

Avoirdupois	Metric
1/4 oz	7 g
1/2 oz	15 g
1 oz	30 g
2 oz	55 g
3 oz	85 g
4 ozs (1/4 lb)	115 g
5 oz (1/2 lb)	140 g
6 oz	170 g
7 oz	200 g
8 oz (1/2 lb)	225 g
9 oz	255 g
10 oz (3/4 lb)	300 g
11 oz	310g
12 oz (3/4 lb)	340 g
13 oz	370 g
14 oz	400g
15 oz	425 g
16 oz (1 lb)	450 g
2 pounds	900 g

Temperature

°F	°C
200	90
250	120
300	150
325	175
350	180
375	190
400	200
435	220
450	230
475	250
500	260

Baking Pan Sizes

	US	Volume	Metric	Volume
Rectangular	11 x 7 x 2 inches	6 cups	28 x 18 x 5 cm	1.4 litres
	13 x 9 x 2 inches	4 cups	33 x 23 x 5 cm	3.3 litres
Round	8 x 2 inches	6 cups	20 x 5 cm	1.4 litres
	9 x 2 inches	8 cups	23 x 5 cm	1.9 litres
	10 x 2 inches	1 cups	25 x 5 cm	2.6 litres
Square	8 x 8 x 2 inches	8 cups	20 x 20 x 5 cm	1.9 litres
	9 x 9 x 2 inches	10 cups	23 x 23 x 5 cm	2.4 litres
	10 x 10 x 2 inches	12 cups	25 x 25 x 5 cm	2.8 litres
Loaf	8 x 4 x 2 1/2 inches	4 cups	20 x 10 x 6 cm	948 ml
	9 x 5 x 3 inches	8 cups	23 x 13 x 8 cm	1.9 litres

Please note
Conversions are not exact, they are rounded slightly for ease