

# Kitchen Conversion Chart

## MOST COMMON CONVERSIONS



1 Teaspoon - tsp = 5 mL  
1 Tablespoon - Tbsp = 15 mL  
4 Tablespoons = 1/4 cup  
1 Cup = 250 mL/128 g  
1 Pint = 570 mL  
1 Quart = 0.95 L

## WEIGHT CONVERSIONS



Tablespoons	Cups	Ounce	Pounds	Grams
—	—	<b>1 ounce</b>	—	28 g
4 tablespoons	¼ cup	2 ounces	—	56 g
5 tablespoons + 1 tsp	1/3 cup	—	—	—
8 tablespoons	½ cup	4 ounces	¼ pound	113 g
—	—	—	1/3 pound	150 g
16 tablespoons	<b>1 cup</b>	8 ounces	½ pound	230 g
—	—	—	2/3 pound	300 g
—	—	—	¾ pound	340 g
—	—	16 ounces	<b>1 pound</b>	450 g
—	—	—	2 pounds	900 g

## FLUID CONVERSIONS



Tablespoons	Cups	Fluid Ounces	mL
1 teaspoon - tsp	—	—	5 mL
1 tablespoon - tbsp	—	½ fluid ounce	15 mL
—	1/8 cup	1 fluid ounce	30 mL
4 tablespoons	¼ cup	2 fluid ounces	60 mL
5 tablespoons + 1 tsp	1/3 cup	—	80 mL
8 tablespoons	½ cup	4 fluid ounces	120 mL
—	2/3 cup	—	160 mL
—	3/4 cup	6 fluid ounces	180 mL
16 tablespoons	1 cup or half a pint	8 fluid ounces	240 mL
—	2 cups or 1 pint	16 fluid ounces	475 mL
—	4 cups or 1 quart or 2 pints	—	950 mL
—	4 quarts or 1 gallon	—	3.8 L

## TEMPERATURES CONVERSIONS



Fahrenheit	Celsius	Gas Mark	Terminology
280 degrees F	140 degrees C	1	Very Cool or Very Slow
300 degrees F	150 degrees C	2	Cool or Slow
320 degrees F	160 degrees C	3	Warm
355 degrees F	180 degrees C	4	Moderate
375 degrees F	190 degrees C	5	Moderate
390 degrees F	200 degrees C	6	Moderately Hot
430 degrees F	220 degrees C	7	Hot
450 degrees F	230 degrees C	8	Hot
480 degrees F	250 degrees C	9	Hot
500 degrees F	260 degrees C	10	Very Hot

\*These conversion figures may vary from ingredient to ingredient but they represent an accurate indication.