OneEquals

Cooking Conversion Chart

Cups, spoons, ounces, grams and oven temperatures on one page

VOLUME EQUIVALENTS

Cup	Tbsp	Tsp	Fl oz	mL
1	16	48	8	237
¾	12	36	6	177
⅔	10⅔	32	5⅓	158
½	8	24	4	118
⅓	5⅓	16	2⅔	79
¼	4	12	2	59
⅛	2	6	1	30
1/16	1	3	½	15

LIQUID MEASURES

Unit	Cups	Fl oz	Metric
1 gallon	16	128	3.79 L
½ gallon	8	64	1.89 L
1 quart	4	32	946 mL
1 pint	2	16	473 mL
1 cup	1	8	237 mL

OUNCES TO GRAMS

Weight	Grams
1 oz	28 g
2 oz	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
2 lb	907 g

1 CUP OF… (APPROX.)

Ingredient	Grams
All-purpose flour	120 g
Granulated sugar	200 g
Brown sugar, packed	213 g
Butter (2 sticks)	227 g
Water	237 g

OVEN TEMPERATURES

°F	°C	Gas
300	150	2
325	170	3
350	180	4
375	190	5
400	200	6
425	220	7
450	230	8