

Liquid Measures

1 gal = 4 qt = 8 pt = 16 cups = 128 fl oz
1/2 gal = 2 qt = 4 pt = 8 cups = 64 fl oz
1/4 gal = 1 qt = 2 pt = 4 cups = 32 fl oz
1/2 qt = 1 pt = 2 cups = 16 fl oz
1/4 qt = 1/2 pt = 1 cup = 8 fl oz

Dry Measures

1 cup = 16 Tbsp = 48 tsp = 250ml
3/4 cup = 12 Tbsp = 36 tsp = 175ml
2/3 cup = 10 2/3 Tbsp = 32 tsp = 150ml
1/2 cup = 8 Tbsp = 24 tsp = 125ml
1/3 cup = 5 1/3 Tbsp = 16 tsp = 75ml
1/4 cup = 4 Tbsp = 12 tsp = 50ml
1/8 cup = 2 Tbsp = 6 tsp = 30ml
1 Tbsp = 3 tsp = 15ml

Dash or Pinch or Speck = less than 1/8 tsp

Quickies

1 fl oz = 30 ml
1 oz = 28.35 g
1 lb = 16 oz (454 g)
1 kg = 2.2 lb
1 quart = 2 pints

U.S.

1/4 tsp 1.25 mL
1/2 tsp 2.5 mL
1 tsp 5 mL
1 Tbl 15 mL
1/4 cup 50 mL
1/3 cup 75 mL
1/2 cup 125 mL
2/3 cup 150 mL
3/4 cup 175 mL
1 cup 250 mL
1 quart 1 liter

Canadian

Recipe Abbreviations

Cup = c or C
Fluid = fl
Gallon = gal
Ounce = oz
Package = pkg
Pint = pt
Pound = lb or #
Quart = qt
Square = sq
Tablespoon = T or Tbl
 or TBSP or TBS
Teaspoon = t or tsp

Fahrenheit (°F) to Celcius (°C)

°C = (°F - 32) x 5/9

32°F	0°C
40°F	4°C
140°F	60°C
150°F	65°C
160°F	70°C
225°F	107°C
250°F	121°C
275°F	135°C
300°F	150°C
325°F	165°C
350°F	177°C
375°F	190°C
400°F	205°C
425°F	220°C
450°F	230°C
475°F	245°C
500°F	260°C

OVEN TEMPERATURES

WARMING: 200°F
VERY SLOW: 250°F - 275°F
SLOW: 300°F - 325°F
MODERATE: 350°F - 375°F
HOT: 400°F - 425°F
VERY HOT: 450°F - 475°F

*Some measurements were rounded

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