

Kitchen Cheat Sheet

Equivalent Measurements		Weight Measurements		
This	Equals This	Standard U.S.	Ounces	Metric
3 teaspoons	1 tablespoon	1 ounce	1	30 grams
2 tablespoons	1/8 cup	1/4 pound	4	125 grams
4 tablespoons	1/4 cup	1/2 pound	8	250 grams
5 1/3 tablespoons	1/3 cup	3/4 pound	12	375 grams
5 tablespoons + 1 teaspoon	1/3 cup	1 pound	16	500 grams
8 tablespoons	1/2 cup	1 1/4 pound	20	625 grams
10 tablespoons + 2 teaspoons	2/3 cup	1 1/2 pound	24	750 grams
12 tablespoons	3/4 cup	1 3/4 pound	28	875 grams
16 tablespoons	1 cup	2 pounds	32	1 kilogram
2 tablespoons (liquid)	1 ounce	2 1/2 pounds	40	1.25 kilogram
1 cup	8 fluid ounces	3 pounds	48	1.5 kilogram
1 1/4 cup	10 fluid ounces	Volume Measurements		
1 1/2 cup	12 fluid ounces	Standard U.S.	Ounces	Metric
1 3/4 cup	14 fluid ounces	1 tablespoon	1/2	15 milliliters
2 cups	1 pint - 16 fluid ounces	2 tablespoons	1	30 milliliters
4 cups	1 quart	3 tablespoons	1 1/2	45 milliliters
4 quarts	1 gallon	1/4 cup	2	60 milliliters
1/8 cup		6 tablespoons	3	90 milliliters
1 pound butter or margarine	2 cups	1/2 cup	4	125 milliliters
1 stick butter or margarine	1/2 cup	1 cup	8	250 milliliters
2 sticks butter or margarine	1 cup	1 pint / 2 cups	16	500 milliliters
3 sticks butter or margarine	1 1/2 cup	4 cups / 1 quart	32	1 liter
4 sticks butter or margarine	2 cups	1 liter	32	1000 milliliters
		Oven Temperature Conversion Fahrenheit to Celsius		
		Fahrenheit	Celsius	
		300	150	
		325	165	
		350	180	
		375	190	
		400	200	
		425	220	
		450	230	
		500	250	