

Kitchen Conversion Chart



LIQUID MEASURES

Gallon	Quart	Pint	Cup	FL OZ	ML
1 gal	4 qt	8 pt	16 cups	128 fl oz	3785 ml
½ gal	2 qt	4 pt	8 cups	64 fl oz	1893 ml
¼ gal	1 qt	2 pt	4 cups	32 fl oz	946 ml
⅛ gal	½ qt	1 pt	2 cups	16 fl oz	473 ml
1/16 gal	¼ qt	½ pt	1 cup	8 fl oz	237 ml

DRY MEASURES

Cups	Tablespoons	Teaspoons	Grams
1 cup	16 tbsp	48 tsp	229 g
¾ cup	12 tbsp	36 tsp	180 g
⅔ cup	10 tbsp	30 tsp	150 g
½ cup	8 tbsp	24 tsp	120 g
⅓ cup	6 tbsp	18 tsp	90 g
¼ cup	4 tbsp	12 tsp	60 g
⅛ cup	2 tbsp	6 tsp	30 g
1/16 cup	1 tbsp	3 tsp	15 g

CELSIUS/ FAHRENHEIT/GAS MARK CONVERSION

°C	110	120	140	150	170	180	190	200	220	230	240	260
°F	225	250	275	300	325	350	375	400	425	450	475	500
G	¼	½	1	2	3	4	5	6	7	8	9	10