

Kitchen Conversions

Lengths

1/8 in.	3 mm.
1/4 in.	6 mm.
1 in.	2.5 cm
1 1/4 in.	3 cm.
2 in.	5 cm.
4 in.	10 cm.
8 in.	20 cm.
9 in.	22.5 cm.
10 in.	25 cm.
11 in.	28 cm.

Cups

2 T.	30 ml.
1/4 c.	60 ml.
1/3 c.	80 ml.
1/2 c.	125 ml.
3/4 c.	185 ml.
1 c.	250 ml.

Temperatures

°F	°C
200	90
250	120
300	150
325	175
350	180
375	190
400	200
425	220
450	230
475	250
500	260

Weight Measurements

1/2 oz.	15 g.
3/4 oz.	20 g.
1 oz.	30 g.
2 oz.	60 g.
4 oz.	110 g.
6 oz.	170 g.
8 oz.	230 g.
1 lb.	450 g.

Liquid Measurements

30 ml.	1 fl. oz.	1/8 c.
60 ml.	2 fl. oz.	1/4 c.
80 ml.	2 3/4 oz.	1/3 c.
125 ml.	4 fl. oz.	1/2 c.
185 ml.	6 fl. oz.	3/4 c.
235 ml.	8 fl. oz.	1 c.

Common Ingredients

	1 Cup	3/4 c.	2/3 c.	1/2 c.	1/3 c.	1/4 c.
Flour	120 g.	90 g.	80 g.	60 g.	40 g.	30 g.
Sugar	200 g.	150 g.	133 g.	100 g.	67 g.	50 g.
Brown Sugar	180 g.	135 g.	120 g.	90 g.	60 g.	45 g.
Butter	240 g.	180 g.	160 g.	120 g.	80 g.	60 g.
Milk/Cream	240 ml.	180 ml.	160 ml.	120 ml.	80 ml.	60 ml.