

Conversions and Measurements

Abbreviations

c	= cup	qt	= quart
tsp	= teaspoon	lt	= liter
tbsp	= tablespoon	ml	= milliliter
oz	= ounce	gr	= grams
lb	= pound	C	= Celcius
gal	= gallon	F	= Fahrenheit
pt	= pint		

Dry Measurements

3 teaspoons	= 1 tablespoon	= 1/16 cup
6 teaspoons	= 2 tablespoons	= 1/8 cup
12 teaspoons	= 4 tablespoons	= 1/4 cup
24 teaspoons	= 8 tablespoons	= 1/2 cup
36 teaspoons	= 12 tablespoons	= 3/4 cup
48 teaspoons	= 16 tablespoons	= 1 cup

Liquid Measurements

1 fluid ounce	= 1/8 cup			
2 fluid ounces	= 1/4 cup			
4 fluid ounces	= 1/2 cup	= 1/4 pint		
6 fluid ounces	= 3/4 cup	= 3/8 pint		
8 fluid ounces	= 1 cup	= 1/2 pint	= 1/4 quart	
16 fluid ounces	= 2 cups	= 1 pint	= 1/2 quart	
24 fluid ounces	= 3 cups	= 1 1/2 pints	= 3/4 quart	
32 fluid ounces	= 4 cups	= 2 pints	= 1 quart	= 1/4 gallon
64 fluid ounces	= 8 cups	= 4 pints	= 2 quarts	= 1/2 gallon
96 fluid ounces	= 12 cups	= 6 pints	= 3 quarts	= 3/4 gallon
128 fluid ounces	= 16 cups	= 8 pints	= 4 quarts	= 1 gallon

Butter Conversions

1 stick of butter	= 8 tablespoons	= 1/2 cup	= 4 ounces
2 sticks of butter	= 16 tablespoons	= 1 cup	= 8 ounces
3 sticks of butter	= 24 tablespoons	= 1 1/2 cups	= 12 ounces
4 sticks of butter	= 32 tablespoons	= 2 cups	= 16 ounces = 1 pound

Metric to US Oven Temperature Conversions

135°C	= 275°F
160-165°C	= 325°F
180°C	= 350°F
190°C	= 375°F
205°C	= 400°F
220°C	= 425°F
230-235°C	= 450°F
245°C	= 475°F

Volume Conversions

5 milliliters	= 1 teaspoon
15 milliliters	= 1 tablespoon
250 milliliters	= 8 fluid ounces = 1 cup
1/2 liter	= 17 fluid ounces
1 liter	= 34 fluid ounces

Weight Conversions

1 gram	= .035 ounces
100 grams	= 3.5 ounces
500 grams	= 17.6 ounces = 1.1 pounds