

MEASUREMENT CONVERSION

MEASUREMENT

CUP	OUNCES	MILLIMETERS	TABLESPOON
1/6 CUP	1/2 OZ	15 ML	1
1/8 CUP	1 OZ	30 ML	3
1/4 CUP	2 OZ	59 ML	4
1/3 CUP	2.5 OZ	79 ML	5.5
3/8 CUP	3 OZ	90 ML	6
1/2 CUP	4 OZ	118 ML	8
2/3 CUP	5 OZ	158 ML	11
3/4 CUP	6 OZ	177 ML	12
1 CUP	8 OZ	240 ML	16
2 CUPS	16 OZ	480 ML	32
3 CUPS	32 OZ	960 ML	64
4 CUPS	40 OZ	1180 ML	80
5 CUPS	48 OZ	1420 ML	96
6 CUPS	64 OZ	1895 ML	128

TEMPERATURE

FAHRENHEIT	CELSIUS
100 °F	37 °C
150 °F	65 °C
200 °F	93 °C
250 °F	151 °C
300 °F	150 °C
325 °F	160 °C
350 °F	180 °C
375 °F	190 °C
400 °F	200 °C
425 °F	220 °C
450 °F	230 °C
500 °F	260 °C
525 °F	274 °C
550 °F	288 °C

WEIGHT

IMPERIAL	METRIC
1/2 OZ	15 G
1 OZ	29 G
2 OZ	57 G
3 OZ	85 G
4 OZ	113 G
5 OZ	141 G
6 OZ	170 G
8 OZ	227 G
10 OZ	283 G
12 OZ	340 G
13 OZ	369 G
14 OZ	397 G
15 OZ	425 G
1 LB	453 G