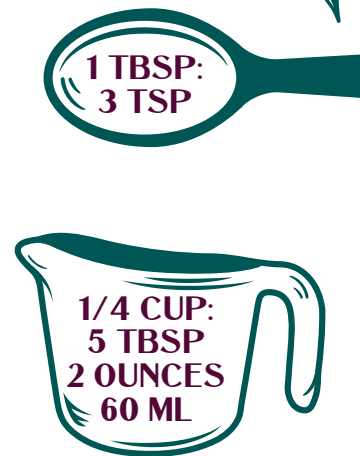


Kitchen Conversion Chart

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VOLUME MEASUREMENT CONVERSIONS

CUPS	TBSP	TSP	ML
		1 tsp	5 ml
1/16 cup	1 tbsp	3 tsp	15 ml
1/8 cup	2 tbsp	6 tsp	30 ml
1/4 cup	4 tbsp	12 tsp	60 ml
1/3 cup	5 ¹ / ₃ tbsp	16 tsp	80 ml
1/2 cup	8 tbsp	24 tsp	120 ml
2/3 cup	10 ² / ₃ tbsp	32 tsp	160 ml
3/4 cup	12 tbsp	36 tsp	180 ml
1 cup	16 tbsp	48 tsp	240 ml

BAKING INGREDIENTS CONVERSIONS

FLOUR

1/4 cup = (1 1/4 oz/35g)
1/3 cup = (1 1/2 oz/45g)
1/2 cup = (2 1/2 oz/75g)
2/3 cup = (3 1/3 oz/100g)
3/4 cup = (3 3/4 oz/110g)
1 cup = (5 oz/150g)

SUGAR

1/4 cup = (2 oz/60g)
1/3 cup = (2 1/2 oz/75g)
1/2 cup = (4 oz/120g)
2/3 cup = (5 oz/150g)
3/4 cup = (6 oz/180g)
1 cup = (8 oz/240g)

BROWN SUGAR

1/4 cup = (1 1/2 oz/45g)
1/3 cup = (2 oz/60g)
1/2 cup = (3 oz/90g)
2/3 cup = (4 oz/120g)
3/4 cup = (4 1/2 oz/130g)
1 cup = (6 oz/180g)

ICING SUGAR

1/4 cup = (1oz/30g)
1/3 cup = (1 1/2 oz /45g)
1/2 cup = (2oz /60g)
2/3 cup = (2 1/2 oz /75g)
3/4 cup = (3 oz /90g)
1 cup = (4 oz /120g)

COOKING TEMPERATURE CONVERSIONS

$$^{\circ}\text{F} = (^{\circ}\text{C} \times 9/5) + 32$$

$$^{\circ}\text{C} = (^{\circ}\text{F} - 32) \times 5/9$$

350 °F	177 °C	Moderate
375 °F	190 °C	Moderate
400 °F	200 °C	Moderately Hot
425 °F	220 °C	Hot

Fahrenheit = °F

Celsius/Centigrade = °C

COCOA

1/4 cup = (1 oz/30g)
1/3 cup = (1 1/2 oz/45g)
1/2 cup = (2 oz/60g)
2/3 cup = (2 1/2 oz/75g)
3/4 cup = (3 oz/90g)
1 cup = (4 oz/120g)

BUTTER

1/4 cup = (2 oz/60g)
1/3 cup = (2 1/2 oz/75g)
1/2 cup = (4 oz/120g)
2/3 cup = (5 oz/150g)
3/4 cup = (6 oz/180g)
1 cup = (8 oz/240g)