Kitchen Measurement Conversion Chart

CookConverters.com

VOLUME: TEASPOONS TO GALLONS

Measurement	Equivalent	Milliliters
1 pinch	~1/16 tsp	~0.3 ml
1 tablespoon	3 teaspoons	14.8 ml
1/8 cup	2 tablespoons	29.6 ml
1/4 cup	4 tablespoons	59.1 ml
1/3 cup	5 tbsp + 1 tsp	78.9 ml
1/2 cup	8 tablespoons	118.3 ml
2/3 cup	10 tbsp + 2 tsp	157.7 ml
3/4 cup	12 tablespoons	177.4 ml
1 cup	16 tablespoons	236.6 ml
1 pint	2 cups	473.2 ml
1 quart	2 pints / 4 cups	946.4 ml
1 gallon	4 quarts / 16 cups	3.79 L

WEIGHT

Measurement	Equivalent	Grams
1 ounce	—	28.3 g
4 ounces	1/4 pound	113.4 g
8 ounces	1/2 pound	226.8 g
16 ounces	1 pound	453.6 g

BUTTER

Measurement	Tablespoons	Grams
1/4 stick	2 tbsp	28 g
1/2 stick	4 tbsp	57 g
1 stick	8 tbsp	113 g
2 sticks (1 cup)	16 tbsp	227 g

OVEN TEMPERATURE

°F	°C	Gas Mark
325°F	163°C	3
350°F	177°C	4
375°F	191°C	5
400°F	204°C	6
425°F	218°C	7
450°F	232°C	8

HIGH ALTITUDE QUICK REFERENCE

Elevation	Oven temp	Liquid/cup
3,000 ft	+0-15°F	+1-2 tbsp
5,000 ft	+15-25°F	+2-4 tbsp
7,000 ft	+15-25°F	+3-4 tbsp
10,000 ft	+25°F	+4-6 tbsp