

RECIPE CONVERSION CHEAT SHEET

METRIC TO IMPERIAL



5ml = 1 Tsp
15ml = 1 Tbsp
30ml = 2 Tbsp
250ml = 1.05 Cup
1 Litre = 34 Fluid Ounce
28g = 1 Ounce
100g = 0.1 Kilo
500g = 1/2 a Kilo
1000g = 1 Kilo
1 Kilo = 2.204 Pounds
1 Pint = 568ml
1 Quart = 1.1 litres
1000ml = 1 litre



1/8 Cups = 2 Tbsp
1/4 Cups = 4 Tbsp
1/3 Cups = 16 Tsp
1/2 Cups = 24 Tsp
3/4 Cups = 36 Tsp
1 Cup = 48 Tsp
4.1 Cups = 1 Litre

CUPS TO LITRES



1/8 Cup = 30ml
1/4 Cup = 60ml
1/3 Cup = 80ml
1/2 Cup = 120ml
3/4 Cup = 180ml
1 cup = 240ml



OUNCES TO GRAMS

1oz = 28g
2oz = 56g
3oz = 85g
4oz = 113g
5oz = 141g
6oz = 170g
7oz = 200g
8oz = 225g



TEMPERATURE CONVERTER



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°C	°F
80	180
120	250
140	280
150	300
160	320
170	340
180	360
190	375
200	400

1 Cup of Flour = 145g / 5.1oz
1/3 Cup of Sugar = 75g / 4oz
1 Cup Diced Butter = 113g / 4.5oz
1 Cup Raisins = 200g / 7oz
1 Cup Uncooked Rice = 200g / 7oz

**EASY
RECIPE
REFERENCE**

1 Cup Grated Cheese = 110g / 4oz

