



# METRIC CONVERSION CHART

## Cup to Millilitres

1 cup = 16 Tbsp = 48 tsp = 240 ml  
3/4 cup = 12 Tbsp = 36 tsp = 180ml  
2/3 cup = 11 Tbsp = 32 tsp = 160ml  
1/2 cup = 8 Tbsp = 24 tsp = 120ml  
1/3 cup = 5 Tbsp = 16 tsp = 80ml  
1/4 cup = 4 Tbsp = 12 tsp = 60ml  
1 Tbsp (tablespoon) = 15ml  
1 tsp (teaspoon) = 5 ml

## Cup to Fluid Ounces

1 cup = 8 fl oz.  
3/4 cup = 6 fl oz.  
2/3 cup = 5 fl oz.  
1/2 cup = 4 fl oz.  
1/3 cup = 3 fl oz.  
1/4 cup = 2 fl oz.

## Fahrenheit to Celcius (F° to C°)

500 F° = 260 C°  
475 F° = 245 C°  
450 F° = 235 C°  
425 F° = 220 C°  
400 F° = 205 C°  
375 F° = 190 C°  
350 F° = 180 C°  
325 F° = 160 C°  
300 F° = 150 C°  
275 F° = 135 C°  
250 F° = 120 C°  
225 F° = 107 C°

## Flour

1 cup = 140 grams  
3/4 cup = 105 grams  
1/2 cup = 70 grams  
1/4 cup = 35 grams

## Granulated Sugar

1 cup = 200 grams  
3/4 cup = 150 grams  
2/3 cup = 135 grams  
1/2 cup = 100 grams  
1/3 cup = 70 grams  
1/4 cup = 50 grams

## Powdered Sugar

1 cup = 160 grams  
3/4 cup = 120 grams  
1/2 cup = 80 grams  
1/4 cup = 40 grams

## Butter

1 cup = 2 sticks = 8 ounces = 230 grams  
1/2 cup = 1 stick = 4 ounces = 115 grams

## Heavy Cream

1 cup = 235 grams  
3/4 cup = 175 grams  
1/2 cup = 115 grams  
1/4 cup = 60 grams  
1 table spoon = 15 grams