



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