Substitute Ingredient

Kitchen Conversion Chart

Find your measure on one side, then read straight across

Volume

CUPS	MILLILITRES
1 cup	250 ml
¾ cup	190 ml
⅔ cup	170 ml
½ cup	125 ml
⅓ cup	80 ml
¼ cup	60 ml
1 tbsp	20 ml
1 tsp	5 ml
½ tsp	2.5 ml
¼ tsp	1.25 ml

4 teaspoons (tsp) in 1 tablespoon (tbsp).

Weight

OUNCES	GRAMS
2 lb	900 g
1½ lb	680 g
1 lb	450 g
12 oz	340 g
8 oz	225 g
6 oz	170 g
4 oz	115 g
2 oz	55 g
1 oz	30 g
½ oz	15 g

16 ounces (oz) in 1 pound (lb).

Oven

FAHRENHEIT	CELSIUS
450°F	230°C
425°F	220°C
400°F	200°C
375°F	190°C
350°F	180°C
325°F	160°C
300°F	150°C
275°F	140°C
250°F	120°C
210°F	100°C

Fan-forced oven? Set it 20°C lower.

Australian measures: 1 cup is 250 ml and 1 tbsp is 20 ml. US, UK and NZ tablespoons are 15 ml.

Measurements are rounded for everyday cooking.