



Kitchen Conversions

LIQUID/BUTTER

1 Gallon = 4 Quarts = 16 Cups = 8 Pints
1/4 Gallon = 1 Quart = 4 Cups = 2 Pints = .94 Liter
1/8 Gallon = 1/2 Quart = 2 Cups = 1 Pint = 16 Fl Oz = 454 g
1 Cup = 8 Fl Oz = 16 Tbsp = 48 Tsp = 237 ml = 227 g
3/4 Cup = 6 Fl Oz = 12 Tbsp = 36 Tsp = 177 ml
2/3 Cup = 5 1/3 Fl Oz = 10 2/3 Tbsp = 32 Tsp = 158 ml
1/2 Cup = 4 Fl Oz = 8 Tbsp = 24 Tsp = 118 ml = 115 g
1/3 Cup = 2 2/3 Fl Oz = 5 1/3 Tbsp = 16 Tsp = 79 ml
1/4 Cup = 2 Fl Oz = 4 Tbsp = 12 Tsp = 59 ml = 57 g
1/8 Cup = 1 Fl Oz = 2 Tbsp = 6 Tsp = 30 ml = 29 g
1 Tbsp = 3 Tsp = 15 ml
1 Tsp = 5 ml

TEMPERATURE

225 F = 110 C = gas 1/4
250 F = 120 C = gas 1/2
275 F = 140 C = gas 1
300 F = 150 C = gas 2
325 F = 160 C = gas 3
350 F = 175 C = gas 4
375 F = 190 C = gas 5
400 F = 200 C = gas 6
425 F = 220 C = gas 7
450 F = 230 C = gas 8
475 F = 240 C = gas 9
500 F = 260 C = gas 10

EGGS

1 Egg = 50 grams
1 Egg White = 30 grams
1 Egg Yolk = 20 grams

DRY INGREDIENTS

1 cup all purpose flour = 4.25 oz = 120 g
1 cup cake flour = 4/25 oz = 120 g
1 cup bread flour = 4.25 oz = 120 g
1 cup whole wheat flour = 4 oz = 113 g
1 cup almond flour = 3 3/8 oz = 96 g
1 cup granulated sugar = 7 oz = 198 g
1 cup superfine/caster sugar = 7.9 oz = 225 g
1 cup confectioner's sugar = 4 oz = 113 g
1 cup brown sugar (packed) = 7.5 oz = 213 g

HERBS/SPICES

1 vanilla bean = 2-3 tsp vanilla extract
1 Tbsp/3 Tsp fresh herb = 1 Tsp dried herb
1/2 Tsp citrus extract = 1 Tsp zest = 2 Tbsp juice