

Conversion Table for Cooking

<p>U.S. to Metric Capacity</p> <p>1/5 teaspoon = 1 ml 1 teaspoon = 5 ml 1 tablespoon = 15 ml 1 fluid oz. = 30 ml 1/5 cup = 50 ml 1 cup = 240 ml 2 cups (1 pint) = 470 ml 4 cups (1 quart) = .95 liter 4 quarts (1 gal.) = 3.8 liters</p> <p>Weight</p> <p>1 oz. = 28 grams 1 pound = 454 grams</p>	<p>Metric to U.S. Capacity</p> <p>1 milliliters = 1/5 teaspoon 5 ml = 1 teaspoon 15 ml = 1 tablespoon 30 ml = 1 fluid oz. 100 ml = 3.4 fluid oz. 240 ml = 1 cup 1 liter = 34 fluid oz. 1 liter = 4.2 cups 1 liter = 2.1 pints 1 liter = 1.06 quarts 1 liter = .26 gallon</p> <p>Weight</p> <p>1 gram = .035 ounce 100 grams = 3.5 ounces 500 grams = 1.10 pounds 1 kilogram = 2.205 pounds 1 kilogram = 35 oz.</p>
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Cooking Measurement Equivalents

<p>16 tablespoons = 1 cup 12 tablespoons = 3/4 cup 10 tablespoons + 2 teaspoons = 2/3 cup 8 tablespoons = 1/2 cup 6 tablespoons = 3/8 cup 5 tablespoons + 1 teaspoon = 1/3 cup 4 tablespoons = 1/4 cup 2 tablespoons = 1/8 cup 2 tablespoons + 2 teaspoons = 1/6 cup 1 tablespoon = 1/16 cup 2 cups = 1 pint 2 pints = 1 quart 3 teaspoons = 1 tablespoon 48 teaspoons = 1 cup</p>	<table border="1"> <thead> <tr> <th>Fahrenheit</th> <th>Celsius</th> <th>Description</th> </tr> </thead> <tbody> <tr> <td>225</td> <td>110</td> <td>Very cool/very slow</td> </tr> <tr> <td>250</td> <td>130</td> <td>---</td> </tr> <tr> <td>275</td> <td>140</td> <td>cool</td> </tr> <tr> <td>300</td> <td>150</td> <td>---</td> </tr> <tr> <td>325</td> <td>170</td> <td>very moderate</td> </tr> <tr> <td>350</td> <td>180</td> <td>moderate</td> </tr> <tr> <td>375</td> <td>190</td> <td>---</td> </tr> <tr> <td>400</td> <td>200</td> <td>moderately hot</td> </tr> <tr> <td>425</td> <td>220</td> <td>hot</td> </tr> <tr> <td>450</td> <td>230</td> <td>---</td> </tr> <tr> <td>475</td> <td>240</td> <td>very hot</td> </tr> </tbody> </table>	Fahrenheit	Celsius	Description	225	110	Very cool/very slow	250	130	---	275	140	cool	300	150	---	325	170	very moderate	350	180	moderate	375	190	---	400	200	moderately hot	425	220	hot	450	230	---	475	240	very hot
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