Kitchen Conversion Chart

Cups, spoons, grams, ounces and oven temperatures at a glance (US cup = 236.6 ml)

Volume equivalents

Cups	Tablespoons	Teaspoons	Milliliters	Fluid ounces
1 cup	16 tbsp	48 tsp	237 ml	8 fl oz
¾ cup	12 tbsp	36 tsp	177 ml	6 fl oz
⅔ cup	10 tbsp + 2 tsp	32 tsp	158 ml	5⅓ fl oz
½ cup	8 tbsp	24 tsp	118 ml	4 fl oz
⅓ cup	5 tbsp + 1 tsp	16 tsp	79 ml	2⅔ fl oz
¼ cup	4 tbsp	12 tsp	59 ml	2 fl oz
⅛ cup	2 tbsp	6 tsp	30 ml	1 fl oz
1 tbsp	1 tbsp	3 tsp	15 ml	½ fl oz
1 tsp	⅓ tbsp	1 tsp	5 ml	⅙ fl oz

Grams per cup (spooned and levelled)

Ingredient	1 cup	½ cup	⅓ cup	¼ cup	1 tbsp
All-purpose flour	125 g	63 g	42 g	31 g	7.8 g
Bread flour	127 g	64 g	42 g	32 g	7.9 g
Granulated sugar	200 g	100 g	67 g	50 g	12.5 g
Brown sugar (packed)	220 g	110 g	73 g	55 g	13.8 g
Powdered sugar	120 g	60 g	40 g	30 g	7.5 g
Butter	227 g	113 g	76 g	57 g	14.2 g
Vegetable oil	218 g	109 g	73 g	55 g	13.6 g
Milk	245 g	123 g	82 g	61 g	15.3 g
Water	237 g	119 g	79 g	59 g	14.8 g
Honey	340 g	170 g	113 g	85 g	21.3 g
Cocoa powder	85 g	43 g	28 g	21 g	5.3 g
Rolled oats	90 g	45 g	30 g	23 g	5.6 g
White rice (uncooked)	185 g	93 g	62 g	46 g	11.6 g
Chocolate chips	170 g	85 g	57 g	43 g	10.6 g

Oven temperatures

Celsius	Fahrenheit	Gas	Fan oven
140°C	275°F	1	120°C
150°C	300°F	2	130°C
160°C	325°F	3	140°C
180°C	350°F	4	160°C
190°C	375°F	5	170°C
200°C	400°F	6	180°C
220°C	425°F	7	200°C
230°C	450°F	8	210°C
240°C	475°F	9	220°C

Weight

Weight	Equals
1 oz	28 g
2 oz	57 g
4 oz (¼ lb)	113 g
8 oz (½ lb)	227 g
12 oz (¾ lb)	340 g
16 oz (1 lb)	454 g
100 g	3.5 oz
250 g	8.8 oz
500 g	1.1 lb
1 kg	2.2 lb

Fahrenheit in the oven table is what recipes usually say (180°C is exactly 356°F). Fan oven = about 20°C lower.