

NAME,C,128

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MEASURES & CONVERSIONS
REPORT

- 1 pinch or dash.....1/8 teaspoon(tsp.)
- 1 pinch (liquid).....a few drops
- 3 teaspoons.....1 tablespoon(tbl.)
- 2 tablespoons.....1 fluid ounce(oz.)
- 2 tablespoon butter.1 oz.
- 4 tablespoons.....1/4 cup
- 5.33 tablespoons....1/3 cup
- 16 tablespoons.....1 cup
- 1/2 cup.....4 oz.
- 1/2 cup butter.....1/4 pound or 1 stick
- 1 cup.....8 oz.
- 2 cups.....1 pint
- 4 cups.....1 quart(qrt.)
- 4 quarts.....1 gallon(gal.)
- 2 pints.....1 quart
- 8 quarts-dry.....1 peck
- 4 pecks-dry.....1 bushel
- 2 1/4 cups granulated sugar....1 pound
- 3 1/4 cups sifted powder sugar.1 pound
- 4 cups shifted flour.....1 pound

Metric Converstions

Temperature
Conversions

$$^{\circ}\text{F} = ^{\circ}\text{C}$$

1/8 tsp. = 0.5 ml	
1/4 tsp = 1 ml	200 93
1/2 tsp. = 2 ml	250 121
3/4 tsp. = 4 ml	300 149
1 tsp. = 5 ml	325 162
1 1/2 tsps. = 7 ml	350 177
1 Tbsp. = 15 ml	375 190
2 Tbsps. = 25 ml	400 204
1/4 cup = 50 ml	425 218
1/3 cup = 75 ml	450 232
1/2 cup = 125 ml	475 246
2/3 cup = 150 ml	
3/4 cup = 175 ml	celsius temp = (5 * (fahreneheit temp - 32))/9
1 cup = 240 ml	
1 fluid oz. = 28 ml	
1 pint = 480 ml	
quart = 960 ml	
1 quart = 4 cups = 1 litre	
1/4 lbs. = 4 oz. = 113g	
1/2 lbs. = 8 oz. = 227g	

1 lbs. = 16 oz. = 454g
2 lbs. = 900g
2 1/2 lbs. = 1 kg
3 lbs. = 1.3 kg
4 lbs. = 1.8 kg
5 lbs. = 2.25 kg
10 lbs. = 4.5 kg

Weights

1 gram 0.03527 ounces
1 ounce 28.35 grams
1 kilogram 2.2046 pounds
1 pound 0.4536 kilograms

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1 lb. all-purpose flour = about 3 1/2 cups unsifted or 4 cups sifted
1 lb. whole wheat flour (stirred) = about 3 3/4 cups
1 cup self-rising flour = 1 cup all-purpose flour + 1 1/2 tsp.
baking powder + 1 tsp. salt

1 lb. cake flour = 4 1/2 cups sifted
1 lb. rolled oats = 6 cups
4 oz. bulk dry yeast = 16 packets (1/4 oz., or 1 tbsp, each)

1 lb. granulated white sugar = about 2 1/4 cups
1 lb. brown sugar = about 2 1/2 cups (firmly packed)
1 lb. powdered sugar = about 4 cups unsifted or 4 3/4 cups sifted
1 lb. (16 oz.) honey = 1 1/3 - 1 1/2 cups
1 qt. corn syrup = 4 cups

1 qt. milk = 4 cups
1 can evaporated milk = 1 1/2 cup
1 cup whipping cream = 2 - 2 1/2 cups whipped
1 carton (8oz.) whipped topping = 2 1/2 - 3 cups

5 whole large eggs = about 1 cup
5 large egg whites = about 1 cup
12 large egg yolks = about 1 cup

1 lb. butter, margarine or lard = 2 cups
1 lb. solid vegetable shortening = about 2 1/4 cups
1 gallon (128 oz.) vegetable oil = 16 cups

1 oz. vanilla extract or flavoring = 6 tsp.
6 oz. chocolate chips = about 1 cup
1 lb. cocoa powder = 4 cups

Sheet1

1 square baker's chocolate = 1 oz. or about
(semisweet or unsweetened) 5 tbsp. grated

1 lb. raisins = about 3 cups
1 lb. chopped candied fruit = about 2 cups
1 lb. pitted dates = 2 3/4 cups
1 lemon (about 6 oz.) = 3 tbsp. juice, 2 tsp. grated zest
1 orange (about 8 Oz.) = 1/4 - 1/3 cup juice, 4tsp. grated zest
1 lb. bananas (3 medium) = 1 3/4 cups mashed

1 lb. pecans = about 2 cups shelled & chopped
1 lb. shelled pecans = 4 1/4 cups chopped
1 lb. shelled walnuts = 3 3/4 Cuts chopped
1 lb. walnuts = about 1 3/4 Cuts shelled & chopped
1 cup ground nuts = about 3 3/4 oz.

16 graham cracker squares = 1 cup crumbs
24 - 28 vanilla wafers = 1 cup crumbs
16 -18 (2 inch) chocolate wafers = 1 cup crumbs
