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# Kitchen Conversions

*Tip: Ounces and fluid ounces are not the same thing! Fluid ounces are measured by volume, while dry ounces are measured by weight. This is why 1 cup of water is 8 fluid ounces, but 1 cup of flour could weigh anywhere from 3.5 to 5 ounces.*

## Dry Volume Equivalents

1 pinch = 1/8 teaspoon  
1 1/2 teaspoons = 1/2 tablespoon  
1 tablespoon = 3 teaspoons = 1/2 ounce  
2 tablespoons = 1 ounce  
4 tablespoons = 1/4 cup = 2 ounces  
5 tablespoons + 1 teaspoon = 1/3 cup  
16 tablespoons = 1 cup  
1 pound = 16 ounces

## Liquid Volume Equivalents

1 tablespoon = 1/2 fluid ounce  
1/3 cup = 2 2/3 fluid ounces  
1 cup = 8 fluid ounces  
2 cups = 1 pint  
2 pints = 1 quart  
1 liter = 1.06 quarts  
4 quarts = 1 gallon

## Pan Size Equivalents

8×8-inch baking dish = 20×20-cm dish  
9×13-inch baking dish = 22×33-cm dish  
9-inch cake pan = 22-cm pan  
10-inch cake pan = 25-cm pan  
9×5-inch loaf pan = 23×12-cm pan

## Metric to US Conversions

1 ml = 1/5 teaspoon  
5 ml = 1 teaspoon  
15 ml = 1 tablespoon  
30 ml = 1 fluid ounce  
100 ml = 3.4 fluid ounces  
240 ml = 1 cup  
1 liter = 34 fluid ounces  
1 liter = 4.2 cups  
1 liter = 2.1 pints  
1 liter = 1.06 quarts  
1 liter = .26 gallon  
1 gram = .035 ounce  
100 grams = 3.5 ounces  
500 grams = 1.10 pounds  
1 kilogram = 2.205 pounds  
1 kilogram = 35 ounces

## Temperature Conversions

275° F = 140° C  
300° F = 150° C  
325° F = 165° C  
350° F = 180° C  
375° F = 190° C  
400° F = 200° C  
425° F = 220° C  
450° F = 230° C  
475° F = 240° C