COOKING UNTAMED · KITCHEN SHEET

Kitchen Conversions

Spoons, cups, weights and oven temperatures in one place.

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Volume

MEASURE	EQUALS	METRIC
1 teaspoon		5 ml
1 tablespoon	3 teaspoons	15 ml
¼ cup	4 tablespoons	60 ml
⅓ cup	5 tablespoons + 1 teaspoon	80 ml
½ cup	8 tablespoons	120 ml
1 cup	16 tablespoons	240 ml
1 pint	2 cups	475 ml
1 quart	4 cups	950 ml

Weight

MEASURE	METRIC
1 ounce	28 g
4 ounces (¼ lb)	113 g
8 ounces (½ lb)	227 g
1 pound	454 g
1 stick butter (8 tablespoons)	113 g

One cup weighs about

Spoon and level flour. Weights vary by brand and how you fill the cup.

INGREDIENT	WEIGHT
All-purpose flour	125 g
Granulated sugar	200 g
Brown sugar, packed	220 g
Powdered sugar	120 g
Rolled oats	90 g
Uncooked white rice	185 g

Oven temperatures

°F	°C	°F	°C
250	120	375	190
300	150	400	200
325	165	425	220
350	175	450	230

Metric values are rounded for cooking.