

Conversion Chart

Liquid Measurements:

$\frac{1}{4}$ t. = 1 ml

$\frac{1}{2}$ t. = 3 ml

1 t. = 5 ml

1 T. = 15 ml

$\frac{1}{4}$ cup = 60 ml

$\frac{1}{3}$ cup = 80 ml

$\frac{1}{2}$ cup = 120 ml

$\frac{2}{3}$ cup = 160 ml

$\frac{3}{4}$ cup = 180 ml

1 cup = 240 ml

2 cups = 470 ml

4 cups = .95 l

Oven Temperatures:

325° F = 163° C

350° F = 177° C

375° F = 191° C

400° F = 205° C

425° F = 218° C

450° F = 233° C

Non-Liquid Ingredients:

1 oz. = 28 g

2 oz. = 57 g

3 oz. = 85 g

4 oz. = 113 g