



Lesley's Recipe Archive

Measurements and Equivalents

Miscellaneous		Kilograms to Pounds Conversion Chart				Oven Temperatures			
3 teaspoons	= 1 tablespoon	Kgs	Pds	Kgs	Pds	Fahrenheit	Centigrade	Gas mark	Description
2 tablespoons	= 1/8 cup	25	4	3.75	8.3	225 F	105 C	1A	Very cool
4 tablespoons	= 1/4 cup	35	8	3.90	8.4	250 F	120 C	1/2	
5 tablespoons + 1 teaspoon	= 1/2 cup	50	11	4.00	8.8	275 F	130 C	1	Cool
8 tablespoons	= 1/2 cup	65	14	4.10	9.0	300 F	150 C	2	
12 tablespoons	= 3/4 cup	75	17	4.25	9.4	325 F	165 C	3	Very moderate
16 tablespoons	= 1 cup	90	20	4.35	9.4	350 F	180 C	4	Moderate
1 ounce	= 2 tablespoons liquid	1.00	2.2	4.50	9.9	375 F	190 C	5	
4 ounces	= 1/2 cup	1.10	2.4	4.45	10.3	400 F	200 C	6	Moderately hot
8 ounces	= 1 cup	1.25	2.8	4.75	10.5	425 F	220 C	7	Hot
16 ounces	= 1 pound	1.35	3.0	4.90	10.8	450 F	230 C	8	
2 cups liquid	= 1 pound	1.50	3.3	5.00	11.0	475 F	245 C	9	Very hot
2 cups sugar	= 1 pound	1.45	3.4	5.10	11.2				
2 cups	= 1 pint	1.75	3.9	5.25	11.5				
2 cups	= 1 pint	1.90	4.2	5.35	11.8				
5/8 cup	= 1/2 cup + 2 tablespoons	2.00	4.4	5.50	12.1				
7/8 cup	= 3/4 cup + 2 tablespoons	2.10	4.4	5.45	12.3				
2 1/2 cups confectioner's sugar	= 1 pound	2.25	5.0	5.75	12.7				
		2.35	5.2	5.90	13.0				
		2.50	5.5	6.00	13.2				

American Liquid Measures		
1 gallon	= 4 quarts	= 3.79 L
1 quart	= 2 pints	= 0.95 L
1 pint	= 2 cups	= 16 fl.oz = 450 ml