

# { Conversion Chart }

## *Liquid, Volume, Herbs and Spices*

Avoirdupois	Metric	Imperial
1/4 tsp		1.2 ml
1/2 tsp		2.5 ml
1 tsp		5.0 ml
1/2 Tbsp (1 1/2 tsp)		7.5 ml
1 Tbsp (3 tsp)	1/2 fl oz	15 ml
1/8 cup	1 fl oz	30 ml
1/4 cup (4 Tbsp)	2 fl oz	60 ml
1/3 cup (5 Tbsp)	2 1/2 oz	80 ml
1/2 cup (8 Tbsp)	4 fl oz	120 ml
2/3 cup (10 Tbsp)	5 fl oz	160 ml
3/4 cup (12 Tbsp)	6 fl oz	180 ml
1 cup (16 Tbsp)	8 fl oz (1/2 a pint)	250 ml
1 1/4 cups	10 fl oz	300 ml
1 1/2 cups	12 fl oz	350 ml
2 cups	16 fl oz (1 pint)	475 ml
2 1/2 cups	20 fl oz	625 ml
3 cups	24 fl oz (1 1/2 pints)	700 ml
4 cups	32 fl oz (1 quart)	950 ml
4 quarts	128 fl oz (1 gallon)	3.8 l

## *Weight*

Avoirdupois	Metric
1/4 oz	7 g
1/2 oz	15 g
1 oz	30 g
2 oz	55 g
3 oz	85 g
4 ozs (1/4 lb)	115 g
5 oz (1/2 lb)	140 g
6 oz	170 g
7 oz	200 g
8 oz (1/2 lb)	225 g
9 oz	255 g
10 oz (3/4 lb)	300 g
11 oz	310 g
12 oz (3/4 lb)	340 g
13 oz	370 g
14 oz	400 g
15 oz	425 g
16 oz (1 lb)	450 g
2 pounds	900 g

## *Temperature*

°F	°C
200	90
250	120
300	150
325	175
350	180
375	190
400	200
435	220
450	230
475	250
500	260

## *Baking Pan Sizes*

	US	Volume	Metric	Volume
Rectangular	11 x 7 x 2 inches	6 cups	28 x 18 x 5 cm	1.4 litres
	13 x 9 x 2 inches	4 cups	33 x 23 x 5 cm	3.3 litres
Round	8 x 2 inches	6 cups	20 x 5 cm	1.4 litres
	9 x 2 inches	8 cups	23 x 5 cm	1.9 litres
	10 x 2 inches	1 cups	25 x 5 cm	2.6 litres
Square	8 x 8 x 2 inches	8 cups	20 x 20 x 5 cm	1.9 litres
	9 x 9 x 2 inches	10 cups	23 x 23 x 5 cm	2.4 litres
	10 x 10 x 2 inches	12 cups	25 x 25 x 5 cm	2.8 litres
Loaf	8 x 4 x 2 1/2 inches	4 cups	20 x 10 x 6 cm	948 ml
	9 x 5 x 3 inches	8 cups	23 x 13 x 8 cm	1.9 litres

**Please note**  
Conversions are not exact, they are rounded slightly for ease