

# Kitchen Conversions



IMPERIAL	METRIC	IMPERIAL	METRIC	IMPERIAL	METRIC
½ oz	15g	7oz	200g	15oz	425g
¾ oz	20g	8oz (½lb)	230g	16oz (1lb)	450g
1oz	30g	9oz	255g	24oz	680g
2oz	60g	10oz	285g	32oz (2lb)	0.9kg
3oz	85g	11oz	310g	48oz (3lb)	1.4kg
4oz (¼lb)	115g	12oz (¾lb)	340g	64oz (4lb)	1.8kg
5oz	140g	13oz	370g		
6oz	170g	14oz	400g		

1oz = 28.35g 1g = 0.035oz

**Weights**

1kg = 35oz/2.2lbs

## METRIC CONVERSION

### LIQUIDS

PINT	METRIC	CUPS	FLOZ.
	100ml		3½
	125ml	½	4½
¼	150ml		5
	200ml		7
	250ml	1	9
½	275ml		10
	300ml		11
	400ml		14
	500ml	2	18
1	570ml		20
	750ml	3	26
1½	1.0L	4	35
2	1.1L		40
	1.3L	5	46
3	1.7L		60
	2.0L	8	70

### OVEN TEMPS

Gas	°F	°C	
½	250	120	VERY SLOW
1	275	140	
2	300	150	SLOW
3	325	170	
4	350	180	MODERATE
5	375	190	
6	400	200	MOD. HOT
7	425	220	
8	450	230	HOT
9	475	240	VERY HOT

ONE CUP	IMP.	METRIC
Flour	5oz	140g
Caster Sugar	8oz	225g
Brown Sugar	6oz	170g
Butter	8oz	225g
Sultanas/Raisins	7oz	200g
Currents	5oz	140g
Golden Syrup	12oz	340g
Uncooked Rice	7oz	200g
Grated Cheese	4oz	110g

### CUPS

[Cookingmadesimple.ca](http://Cookingmadesimple.ca)