

Kitchen 101

Mass & Volume Equivalents

16 ounces = 1 pound (454g)

1 lb all-purpose, bread flour	= 4 cups
1 lb cake flour	= 4
1 lb whole wheat flour	= 3 3/4
1 lb butter	= 2 cups (475g)
1 lb granulated sugar	= 2 1/4 c
1 lb brown sugar	= 2 2/3 c
1 lb powdered sugar	=
1 lb cornstarch	=
1 lb cornmeal	= 3 c
1 lb rolled oats	=
1 lb cocoa powder	=
1 lb honey	= 1 1/2
1 lb peanuts, almonds	=
1 lb pistachios, hazelnuts	=
1 lb pecans, walnuts	=
1 lb raisins, dried currants	=

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Volume Conversions

60 drops	= 1 teaspoon (5 ml)
16 dashes	= 1 teaspoon (5 ml)
8 pinches	= 1 teaspoon (5 ml)
1 1/2 teaspoons	= 1/2 tablespoon (7.5 ml)
3 teaspoons	= 1 tablespoon (15 ml)
2 tablespoons	= 1 fluid ounce (30 ml)
4 tablespoons	= 1/4 cup (60 ml)
2 2/3 fluid ounces	= 1/3 cup (80 ml)
4 fluid ounces	= 1/2 cup (120 ml)
8 fluid ounces	= 1 cup (240 ml)
2 cups	= 1 pint (475 ml)
4 cups	= 1 quart (950 ml)

Designed by Susan van Damsberg



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Conversion Charts

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heavy duty paper
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