



Dinners by Design | Healthier Eating Solutions for Modern Living.™

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## ***Cooks Conversion List***

### **U.S. to Metric**

#### **Capacity**

1/5 teaspoon = 1 ml

1 teaspoon = 5 ml

1 tablespoon = 15 ml

1 fluid oz. = 30 ml

1/5 cup = 50 ml

1 cup = 240 ml

2 cups (1 pint) = 470 ml

4 cups (1 quart) = .95 litre

4 quarts (1 gal.) = 3.8 litres

#### **Weight**

1 oz. = 28 grams

1 pound = 454 grams

### **Metric to U.S.**

#### **Capacity**

1 millilitres = 1/5 teaspoon

5 ml = 1 teaspoon

15 ml = 1 tablespoon

30 ml = 1 fluid oz.

100 ml = 3.4 fluid oz.

240 ml = 1 cup

1 litre = 34 fluid oz.

1 litre = 4.2 cups

1 litre = 2.1 pints

1 litre = 1.06 quarts

1 litre = .26 gallon

## **Weight**

1 gram = .035 ounce

100 grams = 3.5 ounces

500 grams = 1.10 pounds

1 kilogram = 2.205 pounds

1 kilogram = 35 oz.

## **Cooking Measurement Equivalentents**

16 tablespoons = 1 cup

12 tablespoons =  $\frac{3}{4}$  cup

10 tablespoons + 2 teaspoons =  $\frac{2}{3}$  cup

8 tablespoons =  $\frac{1}{2}$  cup

6 tablespoons =  $\frac{3}{8}$  cup

5 tablespoons + 1 teaspoon =  $\frac{1}{3}$  cup

4 tablespoons =  $\frac{1}{4}$  cup

2 tablespoons =  $\frac{1}{8}$  cup

2 tablespoons + 2 teaspoons =  $\frac{1}{6}$  cup

1 tablespoon =  $\frac{1}{16}$  cup

2 cups = 1 pint

2 pints = 1 quart

3 teaspoons = 1 tablespoon

48 teaspoons = 1 cup

## Oven Temperature - Cooking Conversion Chart

Fahrenheit	Celsius	Gas Mark	Heat of Oven
225°	110°	1/4	Very cool
250	120	1/2	Very cool
275	140	1	Cool
300	150	2	Cool
325	160	3	Moderate
350	180	4	Moderate
375	190	5	Moderately hot
400	200	6	Moderately hot
425	220	7	Hot
450	230	8	Hot
475	240	9	Very hot

## Dinners by Design

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