

# KITCHEN Conversions CHEAT SHEET

## DRY CONVERSIONS

Cups	Grams	Ounces	Lbs	Tbsp	Tsp
1 CUP	128 G	4.5 OZ	0.28 LBS	16 TBSP	48 TSP
3/4 CUP	96 G	3.38 OZ	0.21 LBS	12 TBSP	36 TSP
2/3 CUP	85 G	3 OZ	0.19 LBS	10 TBSP	32 TSP
1/2 CUP	64 G	2.25 OZ	0.14 LBS	8 TBSP	24 TSP
1/3 CUP	43 G	1.5 OZ	0.09 LBS	5 TBSP	16 TSP
1/4 CUP	32 G	1.13 OZ	0.07 LBS	4 TBSP	12 TSP
1/8 CUP	16 G	0.5 OZ	0.03 LBS	2 TBSP	6 TSP



## LIQUID CONVERSIONS

Gal	Quarts	Pints	Cups	US fl. oz.	L
1 GAL	4 QT	8 PT	16 CUPS	128 FL OZ	3.785 L
1/2 GAL	2 QT	4 PT	8 CUPS	64 FL OZ	1.893 L
1/4 GAL	1 QT	2 PT	4 CUPS	32 FL OZ	0.946 L
1/8 GAL	1/2 QT	1 PT	2 CUPS	16 FL OZ	0.473 L
1/16 GAL	1/4 QT	1/2 PT	1 CUP	8 FL OZ	0.236 L
1/32 GAL	1/8 QT	1/4 PT	1/2 CUP	4 FL OZ	0.118 L
1/64 GAL	1/16 QT	1/8 PT	1/4 CUP	2 FL OZ	0.059 L



## OVEN TEMPERATURE

250 °F 275 °F 300 °F 325 °F 350 °F 375 °F 400 °F 425 °F 450 °F 475 °F

130 °C 140 °C 150 °C 170 °C 180 °C 190 °C 200 °C 220 °C 230 °C 240 °C