

# CONVERSION CHART



## Liquid Measure

| gal. =   | qt. =   | pt. =   | cups =  | fl. oz. =   | L =    | Tbsp. = | tsp.    |
|----------|---------|---------|---------|-------------|--------|---------|---------|
| 1 gal.   | 4 qt.   | 8 pt.   | 16 cups | 128 fl. oz. | 3.8 L  |         |         |
| 1/2 gal. | 2 qt.   | 4 pt.   | 8 cups  | 64 fl. oz.  | 1.89 L |         |         |
| 1/4 gal. | 1 qt.   | 2 pt.   | 4 cups  | 32 fl. oz.  | .95 L  |         |         |
|          | 1/2 qt. | 1 pt.   | 2 cups  | 16 fl. oz.  | .47 L  |         |         |
|          | 1/4 qt. | 1/2 pt. | 1 cup   | 8 fl. oz.   | .24 L  |         |         |
|          |         |         | 1/2 cup | 4 fl. oz.   | .12 L  | 8 Tbsp. | 24 tsp. |
|          |         |         | 1/4 cup | 2 fl. oz.   | .06 L  | 4 Tbsp. | 12 tsp. |
|          |         |         | 1/8 cup | 1 fl. oz.   | .03 L  | 2 Tbsp. | 6 tsp.  |
|          |         |         |         | 1/2 fl. oz. | .015 L | 1 Tbsp. | 3 tsp.  |

## Conversion Factors

ounces to milliliters: multiply ounce figure by 30 to get number of milliliters

cups to liters: multiply cup figure by 0.24 to get number of liters

# CONVERSION CHART



## Dry Measure

| <b>cups =</b> | <b>fluid oz. =</b> | <b>Tbsp. =</b> | <b>tsp. =</b> | <b>ml</b> |
|---------------|--------------------|----------------|---------------|-----------|
| 1 cup         | 8 fluid oz.        | 16 Tbsp.       | 48 tsp.       | 237 ml    |
| 3/4 cup       | 6 fluid oz.        | 12 Tbsp.       | 36 tsp.       | 177 ml    |
| 2/3 cup       | 5 1/3 fluid oz.    | 10 2/3 Tbsp.   | 32 tsp.       | 158 ml    |
| 1/2 cup       | 4 fluid oz.        | 8 Tbsp.        | 24 tsp.       | 118 ml    |
| 1/3 cup       | 2 2/3 fluid oz.    | 5 1/3 Tbsp.    | 16 tsp.       | 79 ml     |
| 1/4 cup       | 2 fluid oz.        | 4 Tbsp.        | 12 tsp.       | 59 ml     |
| 1/8 cup       | 1 fluid oz.        | 2 Tbsp.        | 6 tsp.        | 30 ml     |
| 1/16 cup      | 1/2 fluid oz.      | 1 Tbsp.        | 3 tsp.        | 15 ml     |
| 1/48 cup      | 1/8 fluid oz.      | 1/3 Tbsp.      | 1 tsp.        | 5 ml      |

## Conversion Factors

ounces to milliliters: multiply ounce figure by 30 to get number of milliliters

cups to liters: multiply cup figure by 0.24 to get number of liters

# CONVERSION CHART



## Oven Temperatures

| <b>Description =</b> | <b>American Standard =</b> | <b>Metric =</b> | <b>Gas Mark</b> |
|----------------------|----------------------------|-----------------|-----------------|
| very cool            | 225° F                     | 110° C          | mark # 1/4      |
| lukewarm cool        | 250° F                     | 130° C          | mark # 1/2      |
| cool                 | 275° F                     | 140° C          | mark # 1        |
| coolly moderate      | 300° F                     | 150° C          | mark # 2        |
| very moderate        | 325° F                     | 170° C          | mark # 3        |
| moderate             | 350° F                     | 180° C          | mark # 4        |
| moderately hot       | 375° F                     | 190° C          | mark # 5        |
| fairly hot           | 400° F                     | 200° C          | mark # 6        |
| hot                  | 425° F                     | 220° C          | mark # 7        |
| really hot           | 450° F                     | 230° C          | mark # 8        |
| very hot             | 475° F                     | 240° C          | mark # 9        |

## Conversion Factors

Fahrenheit to Celsius: subtract 32 from the Fahrenheit figure, multiply by 5, then divide by 9 to get Celsius

Celsius to Fahrenheit: multiply Celsius figure by 9, divide by 5, then add 32 to get Fahrenheit

# CONVERSION CHART



## Butter or Margarine to Olive Oil Conversion for Baking

| <b>Butter/Margarine =</b> | <b>Olive Oil</b>        |
|---------------------------|-------------------------|
| 1 teaspoon                | 3/4 teaspoon            |
| 1 tablespoon              | 2 1/4 teaspoons         |
| 2 tablespoons             | 1 1/2 tablespoons       |
| 1/4 cup                   | 3 tablespoons           |
| 1/3 cup                   | 1/4 cup                 |
| 1/2 cup                   | 1/4 cup + 2 tablespoons |
| 2/3 cup                   | 1/2 cup                 |
| 3/4 cup                   | 1/2 cup + 1 tablespoon  |
| 1 cup                     | 3/4 cup                 |

# CONVERSION CHART



## Teaspoon-Gallon Measures

|                |                                       |
|----------------|---------------------------------------|
| 1 teaspoon =   | 1 1/3 fluid drams                     |
| 1 tablespoon = | 3 teaspoons                           |
| 1/4 cup =      | 4 tablespoons                         |
| 1/3 cup =      | 5 tablespoons + 1 teaspoon            |
| 1/2 cup =      | 8 tablespoons                         |
| 2/3 cup =      | 1/2 cup + 2 tablespoons + 2 teaspoons |
| 1 cup =        | 16 tablespoons                        |
| 1 pint =       | 2 cups                                |
| 1 quart =      | 4 cups                                |
| 1 gallon =     | 4 quarts                              |

# CONVERSION CHART



## Common Can and Bottle Sizes

| <b>standard =</b> | <b>metric</b> |
|-------------------|---------------|
| 3 ounces          | 85 ml         |
| 3 1/2 ounces      | 100 ml        |
| 5 1/2 ounces      | 156 ml        |
| 7 1/2 ounces      | 213 ml        |
| 8 ounces          | 227 ml        |
| 10 ounces         | 284 ml        |
| 12 ounces         | 340 ml        |
| 13 ounces         | 370 ml        |
| 14 ounces         | 398 ml        |
| 18 ounces         | 504 ml        |
| 19 ounces         | 532 ml        |
| 28 ounces         | 796 ml        |
| 4 1/4 cups        | 1 liter       |
| 6 cups            | 1.5 liters    |
| 8 cups            | 2 liters      |

# CONVERSION CHART



## Commonly Used Substitutions

| Ingredient                   | Quantity                | Substitute  |
|------------------------------|-------------------------|---|
| Baking Powder                | 1 tsp. double acting    | 1/4 tsp. baking soda + 1/2 cup buttermilk <i>or</i>       |
| Baking Powder                | 1 tsp. double acting    | 1/4 tsp baking soda + 1/2 tsp. cream of tartar            |
| Butter                       | 1 cup                   | 1 cup margarine <i>or</i>                                 |
| Butter                       | 1 cup                   | 7/8 cup lard + 1/2 tsp. salt                              |
| Chocolate                    | 1 ounce                 | 3 Tbsp. cocoa + 1 Tbsp. shortening                        |
| Corn Starch (for thickening) | 1 Tbsp.                 | 2 Tbsp. flour   |
| Cream                        | 1 cup                   | 1/2 cup butter + 3/4 cup milk                             |
| Egg                          | 1 whole                 | 2 egg yolks   |
| Flour                        | 1 cup all purpose       | 1 cup + 2 Tbsp. cake flour                                |
| Flour                        | 1 cup cake flour        | 7/8 cup all purpose flour                                 |
| Flour                        | 1 cup self-rising flour | 1 cup flour (omit baking powder & salt)                   |
| Garlic                       | 1 small clove           | 1/8 tsp. garlic powder                                    |
| Herbs                        | 1 Tbsp. fresh           | 1 tsp. dried  |
| Honey                        | 1 cup                   | 1 1/4 cups sugar + 1/4 cup liquid                         |
| Milk, fresh whole            | 1 cup                   | 1 cup reconstituted dry milk + 2 tsp. butter              |
| Milk, whole                  | 1 cup                   | 1/2 cup evaporated milk + 1/2 cup water                   |
| Milk, sour                   | 1 cup                   | 1 Tbsp. lemon juice or vinegar + sweet milk to make 1 cup |
| Minced Dry Onion (hydrated)  | 1 Tbsp. instant         | 1 small fresh onion                                       |
| Molasses                     | 1 cup                   | 1 cup honey   |
| Mustard, prepared            | 1 Tbsp.                 | 1 tsp. dry mustard  |
| Ricotta Cheese               | 1 cup                   | 1 cup cottage cheese + 1 Tbsp. skim milk                  |
| Sour Cream                   | 1 cup                   | 1 cup yogurt  |
| Sugar, Brown                 | 1 cup                   | 3/4 cup granulated sugar + 1/4 cup molasses               |
| Sugar, Powdered              | 1 1/3 cups              | 1 cup granulated sugar                                    |
| Yogurt                       | 1 cup                   | 1 cup buttermilk  |