



U.S. MEASUREMENT AND METRIC CONVERSION CHART

Teaspoon

¼ teaspoon	1 ml
½ teaspoon	2 ml
¾ teaspoon	
1 teaspoon	5 ml
1 ½ teaspoons	7 ml
1 ¾ teaspoons	9 ml
2 teaspoons	10 ml

Tablespoon

1 tablespoon	15 ml
1 ½ tablespoons	22 ml
2 tablespoons	30 ml
3 tablespoons	45 ml
4 tablespoons	60 ml
5 tablespoons	75 ml
6 tablespoons	90 ml

Volume & Liquid

¼ cup	60 ml
½ cup	80 ml
¾ cup	120 ml
1 cup	160 ml
1 ¼ cup	180 ml
1 ½ cup	240 ml
1 ¾ cup	300 ml
2 cups (1 pint)	480 ml
2 ¼ cups	540 ml
2 ½ cups	560 ml
2 ¾ cups	600 ml
3 cups	640 ml
3 ¼ cups	660 ml
3 ½ cups	710 ml
3 ¾ cups	770 ml
4 cups (1 gallon, 4 quarts)	790 ml
4 ½ cups	830 ml
5 cups	870 ml
5 ½ cups	890 ml
6 cups (32 oz)	960 ml
1.1 L	
6 cups 48 oz, 1 ½ qt	1.5 L
8 cups 64 oz, ½ gal, 2 qts.	1.9 liter
16 cups, 1 gallon, (4 quarts)	3.8 liter
2 gallons (8 quarts)	7.6 liter

Weight

¼ ounce	14 g
½ ounce	21 g
¾ ounce	21 g
1 ounce	28 g
1.5 ounces	45 g
2 ounces	57 g
2.5 ounces	70 g
3 ounces	84 g
3.5 ounces	100 g
4 ounces	114 g
4.5 ounces	128 g
5 ounces	143 g
5.5 ounces	155 g
6 ounces	170 g
7 ounces	198 g
8 ounces	227 g
9 ounces	255 g
10 ounces	280 g
11 ounces	312 g
12 ounces	340 g
Liquid 12 oz	=354 ml
13 ounces	369 g
14 ounces	396 g
15 ounces	425 g
16 ounces	454 g (1 pint)
or 1 pound	(.5 kg)
18 ounces	510 g
20 ounces	567 g
22 ounces	624 g
24 ounces	680g
26 ounces	737 g
28 ounces	794 g
32 ounces	1 kg 2
pounds	
38 ounces	1.1 kg
42 ounces	1.2 kg
44 ounces	1.25 kg
48 ounces	1.3 kg 3
pounds	
52 ounces	1.4 kg
2 pounds	908 g or (1 kg)
3 pounds	1.3 kg
4 pounds	1.8 kg
5 pounds	2.2 kg
6 pounds	2.7 kg
8 pounds	3.6 kg
Quarts	
1 ½-quarts	1.51 liters
2-quarts	2.5 liters
3-quarts	3 liters
3 ½-quarts	3.5 liters
4-quarts	4 liters

Temperatures

°F	°C
160°	71°
180°	82°
200°	93°
225°	107°
250°	121°
275°	135°
300°	148°
325°	162°
350°	176°
375°	190°
400°	204°
425°	220°
450°	230°
475°	250°
500°	260°

Lengths

¼ inch	.60 cm
½ inch	.80 cm
¾ inch	1.2 cm
1 inch	1.8 cm
1 ¼ inch	2.5 cm
2 inches	5 cm
3 inches	8 cm
4 inches	10 cm
5 inches	13 cm
6 inches	15 cm
7 inches	18 cm
8 inches	20 cm
9 inches	23 cm
10 inches	25 cm
11 inches	30 cm
12 inches	32 cm
13 inches	33 cm
14 inches	36 cm
16 inches	40 cm
18 inches	45 cm
20 inches	50 cm
21 inches	53 cm
22 inches	56 cm
23 inches	59 cm
24 inches	62 cm

Pan Sizes

9 x 13-inch	23 x 33 cm
7 x 11-inch	18 x 28 cm
8 x 8-inch	20 x 20 cm
8 ½ x 11-inch	21 x 30 cm
9 x 4-inch	23 x 10 cm
9 x 9-inch	23 x 23 cm
10 x 4-inch	25 x 10 cm
10 x 13-inch (bundt pan)	25 x 23 cm