

Conversion Chart

Butter/Margarine	Olive Oil
1 teaspoon	= $\frac{3}{4}$ teaspoon
1 tablespoon	= 2 $\frac{1}{4}$ teaspoons
2 tablespoons	= 1 $\frac{1}{2}$ tablespoons
$\frac{1}{4}$ cup	= 3 tablespoons
$\frac{1}{3}$ cup	= $\frac{1}{4}$ cup
$\frac{1}{2}$ cup	= $\frac{1}{4}$ cup = 2 tablespoons
$\frac{2}{3}$ cup	= $\frac{1}{2}$ cup
$\frac{3}{4}$ cup	= $\frac{1}{2}$ cup = 1 tablespoon
1 cup	= $\frac{3}{4}$ cup

Cooking Measurement Equivalents

$\frac{1}{16}$ cup	= 3 teaspoons
$\frac{2}{3}$ cup	= 2 tablespoons
$\frac{1}{6}$ cup	= 2 tablespoons = 2 teaspoons
$\frac{1}{4}$ cup	= 4 tablespoons
$\frac{1}{3}$ cup	= 5 tablespoons = 1 teaspoon
$\frac{3}{8}$ cup	= 6 tablespoons
$\frac{1}{2}$ cup	= 8 tablespoons
$\frac{2}{3}$ cup	= 10 tablespoons = 2 teaspoons
$\frac{3}{4}$ cup	= 12 tablespoons
1 cup	= 48 teaspoons
8 fluid ounces (fl. oz.)	= 1 cup
1 pint (pt.)	= 2 cups
1 quart (qt.)	= 2 pints
4 cups	= 1 quart
1 gallon (gal.)	= 4 quarts
16 ounces (oz.)	= 1 pound (lb.)

Temperature Conversion Chart

Very Slow, 250 F°	= 120 C°
Slow, 300 F°	= 150 C°
Moderate Slow, 325 F°	= 160 C°
Moderate, 350 F°	= 180 C°
Moderately Hot, 375 F°	= 190 C°
Hot, 400 F°	= 200 C°
Very Hot, 450 F°	= 230 C

U.S. - Metric Cooking Conversions

U.S. to Metric (Capacity)		
1/5 teaspoon	=	1 ml
1 teaspoon	=	5 ml
1 tablespoon	=	15 ml
1 fluid ounces	=	30 ml
1/5 cup	=	47 ml
2.03 fluid ounces	=	60 ml
12.7 fluid ounces	=	375 ml
2 cups (1 pint)	=	473 ml
4 cups (1 quart)	=	0.95
25.4 fluid ounces	=	750 ml
4 quarts (1 gallon)	=	3.8 liters

U.S. to Metric (Weight)		
1 oz.	=	28 grams
1 pound	=	454 grams

Metric to U.S. (Capacity)		
1 ml	=	1/5 teaspoon
5 ml	=	1 teaspoon
15 ml	=	1 tablespoon
100 ml	=	3.4 fluid oz.
240 ml	=	1 cup
1 liter	=	34 fluid oz.
1 liter	=	4.2 cups
1 liter	=	2.1 pints
1 liter	=	1.06 quarts
1 liter	=	.26 gallon

Metric to U.S. (Weight)		
1 gram	=	0.035 oz.
100 grams	=	3.5 oz.
500 grams	=	1.1 pounds
1 kilogram	=	2.205 pounds
1 kilogram	=	35 oz.