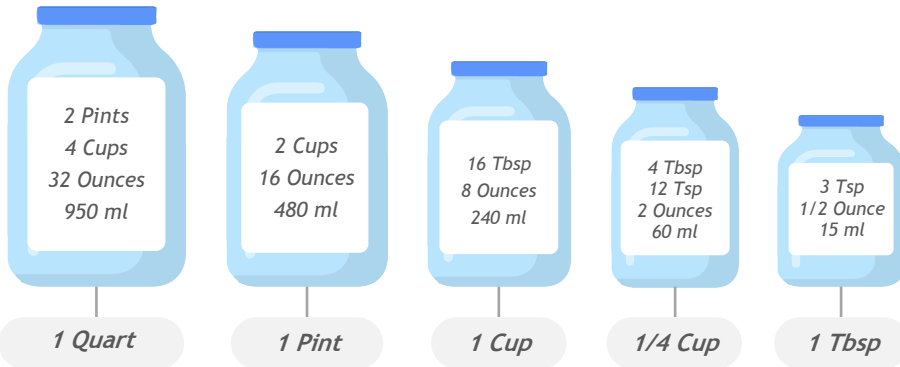


KITCHEN CONVERSION CHART

How to Easily Convert Units of Measurement



VOLUMES

A Pinch	-	1/16 Tsp
A Dash	-	1/8 Tsp
1 Tsp	-	5 ml
1 Tbsp	-	15 ml
1 Cup	-	240 ml

Volumes by Weight

1 Pound

454 Grams
3 1/2 Cups Flour
2 1/2 Cups Sugar



TEMPERATURE

212°F	-	100°C
225°F	-	110°C
250°F	-	130°C
275°F	-	140°C
300°F	-	150°C
325°F	-	170°C
350°F	-	180°C
375°F	-	190°C
400°F	-	200°C
425°F	-	220°C
450°F	-	230°C
475°F	-	240°C



Cup

1/4

1/3

1/2

2/3

3/4

1



Tablespoon

4

5

8

11

12

16



Teaspoon

12

16

24

32

36

48