

Cooking Conversion Chart: Master Your Kitchen Measurements

Ever get stuck mid-recipe wondering how many tablespoons are in a cup, or what 180°C means in Fahrenheit? This handy chart helps you quickly convert common cooking measurements, whether you're dealing with volume, weight, or oven temperatures. No more guessing—just precise cooking!

AMOUNT ↕	EQUALS (IMPERIAL) ↕	EQUALS (METRIC) ↕	CATEGORY ↕
1 teaspoon (tsp)	1/3 tablespoon	5 ml	Volume
1 tablespoon (tbsp)	3 teaspoons	15 ml	Volume
1 fluid ounce (fl oz)	2 tablespoons	30 ml	Volume
1/4 cup	4 tablespoons	60 ml	Volume
1/3 cup	5 tbsp + 1 tsp	80 ml	Volume
1/2 cup	8 tablespoons	120 ml	Volume
2/3 cup	10 tbsp + 2 tsp	160 ml	Volume
3/4 cup	12 tablespoons	180 ml	Volume
1 cup	16 tablespoons	240 ml	Volume
1 pint (pt)	2 cups	480 ml	Volume
1 quart (qt)	2 pints	960 ml	Volume
1 gallon (gal)	4 quarts	3.8 liters	Volume
1 liter (L)	approx 4.2 cups	1000 ml	Volume
1 ounce (oz)		28 grams (g)	Weight
1 pound (lb)	16 ounces	454 grams (g)	Weight
1 kilogram (kg)	2.2 pounds	1000 grams	Weight
250°F		120°C	Temperature
275°F		135°C	Temperature
300°F		150°C	Temperature
325°F		160°C	Temperature
350°F		175°C	Temperature
375°F		190°C	Temperature
400°F		200°C	Temperature
425°F		220°C	Temperature
450°F		230°C	Temperature

25 rows