

Weights & Measurements

1 1/2 teaspoons=1/2 tablespoon
 3 teaspoons=1 tablespoon
 4 tablespoons=1/4 cup
 5 1/3 tablespoons=1/3 cup
 16 tablespoons=1 cup
 8 tablespoons=1/2 cup
 10 2/3 tablespoons=2/3 cup
 12 tablespoons=3/4 cup
 2 tablespoons=1/8 cup
 1 cup=8 fluid ounces
 1 cup=1/2 pint
 2 cups=1 pint
 4 cups=1 quart
 2 pints=1 quart
 4 quarts=1 gallon

Dry Volume Measurements

1/8 teaspoon=.5 mL
 1/4 teaspoon=1 mL
 1/2 teaspoon=2 mL
 3/4 teaspoon=4 mL
 1 teaspoon=5 mL
 1 tablespoon=15 mL
 2 tablespoons=30 mL
 1/4 cup=60 mL
 1/3 cup=75 mL
 1/2 cup=125 mL
 3/4 cup=175 mL
 1 cup=250 mL
 2 cups=500 mL
 3 cups=750 mL
 4 cups=1 L
 1 pint=500 mL
 1 quart=1 L

Fluid Volume Measurements

1 fluid ounce=30 mL
 4 fluid ounces=125 mL
 8 fluid ounces=250 mL
 12 fluid ounces=375 mL
 16 fluid ounces=500 mL

Weight (Mass) Measurements

1/2 ounce=15 g
 1 ounce=30 g
 3 ounces=90 g
 4 ounces=120 g
 8 ounces=225 g
 10 ounces=285 g
 12 ounces=360 g
 16 ounces=450 g
 1 pound=450 g

Oven Temperatures

250 F=120 C
 300 F=150 C
 325 F=160 C
 350 F=180 C
 375 F=190 C
 400 F=200 C
 425 F=220 C
 450 F=230 C

Oven Terms

200-250 Very slow oven
 250-325 Slow oven
 325-350 Moderately slow oven
 350-375 Moderate oven
 375-400 Moderately hot oven
 400-450 Hot oven
 450-500 Very Hot oven

