HOORVIA — KITCHEN MEASUREMENT CONVERSIONS

Quick Reference Cheat Sheet • Free Printable (8.5" × 11")

US MEASURE	METRIC	ALSO EQUALS
1 tablespoon (tbsp)	15 ml	3 teaspoons
1 teaspoon (tsp)	5 ml	1/3 tablespoon
1/4 cup	60 ml	4 tablespoons
1/3 cup	80 ml	5 tbsp + 1 tsp
1/2 cup	120 ml	8 tablespoons
1 cup (liquid)	240 ml	16 tablespoons / 8 fl oz
1 cup flour	120 g (approx.)	Spoon and level — do not pack
1 cup sugar (granulated)	200 g (approx.)	—
1 cup brown sugar (packed)	220 g (approx.)	—
1 cup butter	227 g	2 sticks / 8 oz
1 oz (weight)	28 g	—
4 oz	113 g	1/4 lb
8 oz	227 g	1/2 lb
16 oz	454 g	1 lb
350°F oven	177°C / Gas 4	Common cake temperature
375°F oven	190°C / Gas 5	—
400°F oven	200°C / Gas 6	Roasting temperature
425°F oven	220°C / Gas 7	—

PRO TIPS

Spoon and level dry ingredients, do not pack

1 cup liquid = 240 ml = 16 tablespoons