HOORVIA ? MILK MEASUREMENT CONVERSION & SUBSTITUTION CHART: PRINTABLE KI

Quick Reference Cheat Sheet · US Letter & A4 Printable

Kitchen & Cooking · Sheet #052

Measurement / Type	Equals	Metric	Kitchen Use
1 cup milk	8 fl oz	240 ml	Standard baking measure
1/2 cup milk	4 fl oz	120 ml	Half-batch recipes
1/4 cup milk	2 fl oz	60 ml	Sauces and small batches
1 tablespoon	0.5 fl oz	15 ml	Coffee, small additions
Buttermilk substitute	1 cup milk + 1 tbsp lemon juice or vinegar	Rest 5 minutes	Pancakes, biscuits, fried chicken
Whole milk	3.25% milkfat	?	Richest flavor; best for baking
2% reduced-fat milk	2% milkfat	?	Everyday drinking and cereal
1% low-fat milk	1% milkfat	?	Lighter cooking and drinking
Skim / fat-free milk	Less than 0.5% milkfat	?	Lowest calorie option
Scald point	180°F	82°C	Heat until steaming, not boiling (yogurt, custards)
Safe storage	At or below 40°F	At or below 4°C	Refrigerate; use within 5?7 days of opening
Powdered milk	1/3 cup powder + 3/4 cup water	= about 1 cup milk	Emergency baking substitute

PRO TIP: Sour Milk Rescue: If milk smells slightly sour but is not curdled, it is still fine for baking ? heat kills the bacteria and the acid actually tenderizes pancakes, muffins, and quick breads.