

Conversion Tables

APPROXIMATE EQUIVALENTS

1 stick butter	8 tbs / 4 oz / ½ cup
1 cup all-purpose presifted flour or dried bread crumbs	5 oz
1 cup granulated sugar	8 oz
1 cup (packed) brown sugar	6 oz
1 cup confectioners' sugar	4½ oz
1 cup honey or syrup	12 oz
1 cup grated cheese	4 oz
1 cup dried beans	6 oz
1 large egg	about 2 oz or about 3 tbs
1 egg yolk	about 1 tbs
1 egg white	about 2 tbs

Please note that all conversions are approximate but close enough to be useful when converting from one system to another.

WEIGHT CONVERSION

U.S./U.K.	METRIC	U.S./U.K.	METRIC
½ oz	15 g	7 oz	200 g
1 oz	30 g	8 oz	250 g
1 ½ oz	45 g	9 oz	275 g
2 oz	60 g	10 oz	300 g
2 ½ oz	75 g	11 oz	325 g
3 oz	90 g	12 oz	350 g
3 ½ oz	100 g	13 oz	375 g
4 oz	125 g	14 oz	400 g
5 oz	150 g	15 oz	450 g
6 oz	175 g	1 lb	500 g

LIQUID CONVERSION

U.S.	IMPERIAL	METRIC
2 tbs	1 fl oz	30 ml
3 tbs	1½ fl oz	45 ml
¼ cup	2 fl oz	60 ml
⅓ cup	2½ fl oz	75 ml
⅓ cup + 1 tbs	3 fl oz	90 ml
⅓ cup + 2 tbs	3½ fl oz	100 ml
½ cup	4 fl oz	125 ml
⅔ cup	5 fl oz	150 ml
¾ cup	6 fl oz	175 ml
¾ cup + 2 tbs	7 fl oz	200 ml
1 cup	8 fl oz	250 ml
1 cup + 2 tbs	9 fl oz	275 ml
1¼ cups	10 fl oz	300 ml
1⅓ cups	11 fl oz	325 ml
1½ cups	12 fl oz	350 ml
1⅔ cups	13 fl oz	375 ml
1¾ cups	14 fl oz	400 ml
1¾ cups + 2 tbs	15 fl oz	450 ml
2 cups (1 pint)	16 fl oz	500 ml
2½ cups	20 fl oz (1 pint)	600 ml
3¼ cups	1½ pints	900 ml
4 cups	1¾ pints	1 liter

OVEN TEMPERATURES

°F	GAS MARK	°C	°F	GAS MARK	°C
250	½	120	400	6	200
275	1	140	425	7	220
300	2	150	450	8	230
325	3	160	475	9	240
350	4	180	500	10	260
375	5	190			

Note: Reduce the temperature by 20°C (68°F) for fan-assisted ovens.