

KITCHEN MEASUREMENT CONVERSION REFRIGERATOR MAGNET

Handy Culinary Quick-Guide: Cups, Spoons, Fluid Ounces, Metric Milliliters & Weight Equivalents

KITCHEN EDITION
Standard US Letter
Bespoke Printable

SPOONS, CUPS & FLUID OUNCES

TABLESPOONS	TEASPOONS	FLUID OZ	CUPS
1/2 Tsp	0.5 Tsp	0.08 Fl Oz	Dash / Splash
1 Tsp	1 Tsp	0.17 Fl Oz	1/3 Tbsp (5 mL)
1 Tbsp	3 Tsp	0.5 Fl Oz	1/16 Cup (15 mL)
2 Tbsp	6 Tsp	1 Fl Oz	1/8 Cup (30 mL)
4 Tbsp	12 Tsp	2 Fl Oz	1/4 Cup (60 mL)
5 Tbsp + 1 Tsp	16 Tsp	2.7 Fl Oz	1/3 Cup (80 mL)
8 Tbsp	24 Tsp	4 Fl Oz	1/2 Cup (120 mL)
10 Tbsp + 2 Tsp	32 Tsp	5.3 Fl Oz	2/3 Cup (160 mL)
12 Tbsp	36 Tsp	6 Fl Oz	3/4 Cup (180 mL)
16 Tbsp	48 Tsp	8 Fl Oz	1 Cup (240 mL)
32 Tbsp	96 Tsp	16 Fl Oz	2 Cups (1 Pint)
64 Tbsp	192 Tsp	32 Fl Oz	4 Cups (1 Quart)

LIQUID VOLUME, PINTS & QUARTS

UNIT	EQUIVALENT	FLUID OUNCES	METRIC ML
1 Pinch	1/16 Teaspoon	< 0.01 Fl Oz	0.3 mL
1 Dash	1/8 Teaspoon	0.02 Fl Oz	0.6 mL
1 Jigger	3 Tablespoons	1.5 Fl Oz	45 mL
1 Gill	1/2 Cup (8 Tbsp)	4 Fl Oz	118 mL
1 Cup	16 Tablespoons	8 Fl Oz	237 mL
1 Pint	2 Cups (32 Tbsp)	16 Fl Oz	473 mL
1 Quart	2 Pints (4 Cups)	32 Fl Oz	946 mL
1/2 Gallon	2 Quarts (8 Cups)	64 Fl Oz	1,892 mL
1 Gallon	4 Quarts (16 Cups)	128 Fl Oz	3,785 mL
1 Fluid Ounce	2 Tablespoons	1.0 Fl Oz	29.57 mL
1 Liter	1,000 mL	33.8 Fl Oz	1.056 Quarts
1 Imp Gallon	4.546 Liters	160 Fl Oz (UK)	4,546 mL

DRY BAKING INGREDIENT WEIGHTS

INGREDIENT	1 CUP (G)	1 CUP (OZ)	1 TBSP (G)
All-Purpose Flour	120 g	4.25 oz	7.5 g
Bread Flour	127 g	4.5 oz	8.0 g
Whole Wheat Flour	113 g	4.0 oz	7.0 g
Granulated Sugar	200 g	7.0 oz	12.5 g
Brown Sugar (Packed)	220 g	7.75 oz	13.8 g
Powdered Sugar	120 g	4.25 oz	7.5 g
Butter (1 Stick)	113 g	4.0 oz	14.2 g (1 Tbsp)
Cocoa Powder	85 g	3.0 oz	5.3 g
Rolled Oats	85 g	3.0 oz	5.3 g
Cornstarch	112 g	4.0 oz	7.0 g
Baking Powder	192 g	6.8 oz	12.0 g
Table Salt	288 g	10.0 oz	18.0 g

OVEN TEMPS & EMERGENCY SUBSTITUTIONS

300 deg F (150 deg C)	Gas Mark 2	Slow Braise & Meringues
325 deg F (165 deg C)	Gas Mark 3	Custards & Dense Cakes
350 deg F (175 deg C)	Gas Mark 4	Standard Baking (Cookies/Cakes)
375 deg F (190 deg C)	Gas Mark 5	Muffins, Quick Breads, Tarts
400 deg F (200 deg C)	Gas Mark 6	Roasting Veggies & Chicken
425 deg F (220 deg C)	Gas Mark 7	Puff Pastry, High Heat Roast
450 deg F (230 deg C)	Gas Mark 8	Artisan Bread Steam Baking
1 Cup Buttermilk Sub	1 Cup Whole Milk	+ 1 Tbsp Fresh Lemon Juice
1 Tsp Baking Powder	1/4 Tsp Baking Soda	+ 1/2 Tsp Cream of Tartar
1 Cup Cake Flour	3/4 Cup AP Flour	+ 2 Tbsp Cornstarch (Sifted)
1 Egg Sub in Baking	1/4 Cup Applesauce	or 1/4 Cup Plain Greek Yogurt
1 Cup Sour Cream	1 Cup Greek Yogurt	or 1 Cup Creme Fraiche

CULINARY CHEF AXIOMS: MEASURING INTEGRITY & LIQUID MENISCUS

- Liquid Measurements: Check clear measuring cup at eye level on a flat surface; read bottom of fluid meniscus.
- Dry Flour Fluff: Never pack flour into measuring cups. Fluff with whisk, spoon into cup, and sweep flat with knife.
- Salt Grain Differences: 1 tsp Table Salt = 1.25 tsp Morton Kosher Salt = 1.75 tsp Diamond Crystal Kosher Salt.