CULINARY ARTS & KITCHEN REFERENCE

KITCHEN MEASUREMENT & TEMPERATURE CONVERSION CHART

Comprehensive Culinary Reference: Volume Equivalents, Weights, Oven Temps & Metric Conversions

KITCHEN EDITION
Standard US Letter
Bespoke Printable

LIQUID & DRY VOLUME EQUIVALENTS

CUPS / QUARTS	TABLESPOONS	TEASPOONS	MILLILITERS
1 Gallon (4 Quarts)	256 Tbsp	768 Tsp	3,785 mL
1/2 Gallon (2 Quarts)	128 Tbsp	384 Tsp	1,892 mL
1 Quart (2 Pints)	64 Tbsp	192 Tsp	946 mL
1 Pint (2 Cups)	32 Tbsp	96 Tsp	473 mL
1 Cup (8 Fl Oz)	16 Tbsp	48 Tsp	240 mL
3/4 Cup (6 Fl Oz)	12 Tbsp	36 Tsp	180 mL
2/3 Cup (5.3 Fl Oz)	10.7 Tbsp	32 Tsp	160 mL
1/2 Cup (4 Fl Oz)	8 Tbsp	24 Tsp	120 mL
1/3 Cup (2.7 Fl Oz)	5.3 Tbsp	16 Tsp	80 mL
1/4 Cup (2 Fl Oz)	4 Tbsp	12 Tsp	60 mL
1/8 Cup (1 Fl Oz)	2 Tbsp	6 Tsp	30 mL
1 Tbsp (0.5 Fl Oz)	1 Tbsp	3 Tsp	15 mL

WEIGHT & DRY INGREDIENT CONVERSIONS

OUNCES (OZ)	GRAMS (G)	POUNDS (LB)	KILOGRAMS
0.5 oz	14 g	0.03 lb	0.014 kg
1 oz	28.3 g	0.06 lb	0.028 kg
2 oz	56.7 g	0.125 lb	0.057 kg
4 oz (1/4 lb)	113.4 g	0.25 lb	0.113 kg
8 oz (1/2 lb)	226.8 g	0.50 lb	0.227 kg
12 oz (3/4 lb)	340.2 g	0.75 lb	0.340 kg
16 oz (1 lb)	453.6 g	1.00 lb	0.454 kg
24 oz (1.5 lb)	680.4 g	1.50 lb	0.680 kg
32 oz (2 lb)	907.2 g	2.00 lb	0.907 kg
1 Cup All-Purpose Flour	120 g (4.25 oz)	Sifted / Fluffed	Standard Cup
1 Cup Granulated Sugar	200 g (7.0 oz)	White Cane	Standard Cup
1 Cup Packed Brown Sugar	220 g (7.75 oz)	Dark / Light	Standard Cup

OVEN TEMPERATURES & GAS MARKS

OVEN HEAT	FAHRENHEIT	CELSIUS	GAS MARK
Cool / Very Slow	250 deg F	120 deg C	Gas Mark 1/2
Very Slow	275 deg F	140 deg C	Gas Mark 1
Slow	300 deg F	150 deg C	Gas Mark 2
Very Moderate	325 deg F	165 deg C	Gas Mark 3
Moderate	350 deg F	175 deg C	Gas Mark 4
Moderately Hot	375 deg F	190 deg C	Gas Mark 5
Hot	400 deg F	200 deg C	Gas Mark 6
Hot / Quick	425 deg F	220 deg C	Gas Mark 7
Very Hot	450 deg F	230 deg C	Gas Mark 8
Extremely Hot	475 deg F	245 deg C	Gas Mark 9
Broil / Pizza	500 deg F	260 deg C	Gas Mark 10
Deep Frying Oil	350-375 deg F	175-190 deg C	Optimal Fry

BAKING PAN SIZES & CULINARY SUBSTITUTIONS

8-Inch Round Cake Pan
Volume: 6 Cups (1.4 L) | Substitute: 8x8 Square Pan

9-Inch Round Cake Pan
Volume: 8 Cups (1.9 L) | Substitute: 9x9 Square Pan

9x13-Inch Baking Dish
Volume: 14 Cups (3.3 L) | Substitute: Two 9-Inch Rounds

9x5-Inch Loaf Pan
Volume: 8 Cups (1.9 L) | Substitute: 8.5x4.5 Loaf (6 Cups)

10-Inch Bundt Pan
Volume: 12 Cups (2.8 L) | Substitute: 9x13 Baking Pan

1 Large Egg Equivalent
50 g without shell | 3.25 Tbsp Liquid Egg

Baking Powder Sub
1 tsp Baking Powder | 1/4 tsp Baking Soda + 1/2 tsp Cream of Tartar

Buttermilk Sub
1 Cup Buttermilk | 1 Cup Milk + 1 Tbsp Lemon Juice or Vinegar

Sour Cream Sub
1 Cup Sour Cream | 1 Cup Plain Greek Yogurt (Full Fat)

EXECUTIVE CHEF NOTES: HIGH-ALTITUDE & PRECISION BAKING GUIDELINES

- High-Altitude Adjustments (>3,500 ft): Increase oven temperature by 15-25 deg F; decrease sugar by 1-2 Tbsp per cup.

- Liquid Flour Ratio: Flour settles over time. Always fluff with a fork and spoon into measuring cup; do not scoop directly.

- Metric Weight Superiority: For professional bread and pastry results, weigh dry ingredients with digital scale in grams.