

Kitchen Conversion Cheat Sheet

Ingredient weights (US cups)

INGREDIENT	1 CUP	½ CUP	¼ CUP	1 TBSP
All-Purpose Flour	120 g	60 g	30 g	7.5 g
Bread Flour	120 g	60 g	30 g	7.5 g
Cake flour	120 g	60 g	30 g	7.5 g
Whole wheat flour	113 g	56.5 g	28.2 g	7.1 g
Granulated Sugar	198 g	99 g	49.5 g	12.4 g
Brown Sugar (Packed)	213 g	106.5 g	53.2 g	13.3 g
Powdered Sugar	113 g	56.5 g	28.2 g	7.1 g
Butter	226 g	113 g	56.5 g	14.1 g
Cocoa (unsweetened)	84 g	42 g	21 g	5.2 g
Milk	227 g	113.5 g	56.8 g	14.2 g
Water	227 g	113.5 g	56.8 g	14.2 g
Vegetable oil	198 g	99 g	49.5 g	12.4 g
Honey	336 g	168 g	84 g	21 g
Chocolate chips	170 g	85 g	42.5 g	10.6 g
Oats (old-fashioned or quick)	89 g	44.5 g	22.2 g	5.6 g

Butter

1 stick	1/2 cup · 8 tbsp · 113 g
2 sticks	1 cup · 226 g
1 tbsp	14 g

Weight

1 oz	28.35 g
4 oz	113 g
8 oz	227 g
1 lb (16 oz)	453.6 g
100 g	3.53 oz
1 kg	2.2 lb

Volume

US	EQUALS	METRIC
1 cup	16 tbsp = 48 tsp	236.6 ml
3/4 cup	12 tbsp	177.4 ml
2/3 cup	10 tbsp + 2 tsp	157.7 ml
1/2 cup	8 tbsp	118.3 ml
1/3 cup	5 tbsp + 1 tsp	78.9 ml
1/4 cup	4 tbsp	59.1 ml
1 tbsp	3 tsp	14.8 ml
1 tsp	—	4.9 ml
1 fl oz	2 tbsp	29.6 ml
1 pint	2 cups	473.2 ml
1 quart	4 cups	946.4 ml

Small measures

INGREDIENT	1 TSP	1 TBSP
Baking powder	4 g	12 g
Baking soda	6 g	18 g
Salt (table)	6 g	18 g
Salt (Diamond Crystal kosher)	2.7 g	8 g
Salt (Morton kosher)	5.3 g	16 g
Yeast (instant)	3 g	9 g
Vanilla extract	4.7 g	14 g

Oven

°F	°C
300 °F	149 °C
325 °F	163 °C
350 °F	177 °C
375 °F	191 °C
400 °F	204 °C
425 °F	218 °C
450 °F	232 °C

Eggs

1 large egg	50 g
1 large yolk	14 g

Ingredient weights: King Arthur Baking Ingredient Weight Chart (kingarthurbaking.com/learn/ingredient-weight-chart); small-measure weights are derived from its listings. Volume: 1 US cup = 236.6 ml. Flour is spooned and leveled. Baking Weights · bakingweights.com