

WEIGHTS & MEASUREMENTS

CONVERSION CHART

100°F	38°C	3 Teaspoons	1 Tablespoon	
150°F	66°C	2 Tablespoons	1 Fluid Ounce	
200°F	95°C	4 Tablespoons	2 Fluid Ounces	¼ Cup
225°F	110°C	5½ Tablespoons	16 Teaspoons	⅓ Cup
250°F	120°C	8 Tablespoons	4 Fluid Ounces	½ Cup
275°F	140°C	16 Tablespoons	8 Fluid Ounces	1 Cup
300°F	150°C			
325°F	165°C	1 Quart	1 Litre	
350°F	180°C	1 Cup	235ml	
375°F	190°C	¾ Cup	175ml	
400°F	205°C	½ Cup	120ml	
425°F	220°C	⅓ Cup	80ml	
450°F	230°C	¼ Cup	60ml	
		1 Fluid Ounce	30ml	
		1 Tablespoon	15ml	
		1 Teaspoon	5ml	
		1 Ounce (oz)	28.4g	
		1 Pound (lb)	454g (just under half a kilo)	