

Cooking & Baking Conversion Chart (US to Metric)

Basic Ingredient Measurement Conversions

U.S. American Standard	Metric Equivalent
1/4 teaspoon (t)	1 ml
1 teaspoon (t)	5 ml
1 Tablespoon (T)	15 ml
1 Fluid Ounce (fl oz)	30 ml
1/4 cup (c.)	59 ml
1/3 cup	79 ml
1/2 cup	118 ml
2/3 cup	158 ml
3/4 cup	177 ml
1 cup (c.)	225 ml
2 cups (1 pint)	470 ml
4 cups (1 quart)	1 liter
4 quarts (1 gallon)	4 liters
1 ounce (oz.)	30 grams
1 pound (16 ounces)	450 grams



Oven Temperature Conversions

American	Metric
250 ° F	130 ° C
300 ° F	150 ° C
350 ° F	180 ° C
400 ° F	200 ° C
450 ° F	230 ° C

Basic Pan-Size Conversions

American	Metric
9x13 in	22x33 centimeter
8x8 in	20x20 centimeter
9x5 (loaf)	23x12 (2 liter)
10 in round	25 centimeter
9 in round	22 centimeter