

# Cooking Conversion Charts

A gift for you from ... [www.recipes-lowcarb.com](http://www.recipes-lowcarb.com)

*(Conversions are approximate)*



**Weight Volume:** 1 pound flour = 3 ½ cups  
 1 pound sugar = 2 ¼ cups  
**One Stick of butter is ¼ pound or about 110 grams.**  
**Butter in the US is sold in pound boxes, each box containing 4 sticks.**

## Oven Temperatures

°C	°F	Oven
90	220	Very Cool
110	225	Cool
120	250	Cool
140	275	Cool - Moderate
150	300	Warm Moderate
160	325	Medium
180	350	Moderate
190	375	Moderate – Hot
200	400	Fairly Hot
215	425	Hot
230	450	Very Hot
250	475	Very Hot
260	500	Very Hot

## Quick Volumes

**Pinch is less than 1/8 teaspoon**  
**1 metric teaspoon = 5 ml**  
**1 metric dessertspoon = 10 ml**  
**1 metric tablespoon = 15 ml**  
**1 metric cup = 250 ml**  
**1,000ml = 1 L(litre) = ~ 1 ¼ pints**

## Volumes

US Fluid Oz	US	Imperial	Millilitres	Dry Oz	Pounds	Grams	Kilos
	½ teaspoon	½ teaspoon	2.5				
	1 teaspoon	1 teaspoon	5				
1/6	2 teaspoons	1 dessertspoon	10	1		30	
¼	1 tablespoon	1 tablespoon	15	2		60	
½	2 tablespoons	2 tablespoons	30	3		90	
1	¼ cup	4 tablespoons	60	3 ½		105	
2	½ cup		125	4	¼	125	
4		¼ pint or 1 gill	150	5		150	
5	¾ cup		175	6		180	¼
6	1 cup		250	8	½	250	
8			275	9		280	
9	1 ¼ cups	½ pint	300	12	¾	360	½
10	1 ½ cups		375	16	1	500	
12		¾ pint	450	18		560	
15	2 cups		500	20	1 ¼	610	
16	2 ¼ cups		550	24 ½	1 ½	720	
18	2 ½ cups	1 pint	600				
20	3 cups		750				
24							

*(Dry spoon measures are level, not heaped or rounded.)*