



Imperial and Metric Measurement Conversions

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IMPERIAL & METRIC EQUIVALENTS

1 OUNCE	28 GR
3.5 OUNCES	100 GR
1 POUND	454 GR
16 OUNCES	454 GR
1.1 LBS	500 GR
2.2 LBS	1 KG
32 OUNCES	1 KG

IMPERIAL DRY VOLUME CONVERSIONS

1/8 TSP	A PINCH
1 1/2 TSP	1/2 TBSP
3 TSP	1 TBSP
1/8 CUP	2 TBSP
1/4 CUP	4 TBSP
1/2 CUP	8 TBSP
3/4 CUP	12 TBSP
1 CUP	16 TBSP

US & METRIC LIQUID VOLUME CONVERSIONS

2 TBSP	1 FL OZ	30 ML
1/8 CUP	1 FL OZ	30 ML
1/2 CUP	4 FL OZ	120 ML
1 CUP	8 FL OZ	235 ML
1 PINT	16 FL OZ	475 ML
2 CUPS	16 FL OZ	475 ML
1 QUART	32 FL OZ	0.95 L
2 PINTS	32 FL OZ	0.95 L
4 CUPS	32 FL OZ	0.95 L
4 1/4 CUPS	34 FL OZ	1 L
1 GALLON	128 FL OZ	3.8 L
4 QUARTS	128 FL OZ	3.8 L
16 CUPS	120 FL OZ	3.8 L

FAHRENHEIT TO CELSIUS CONVERSIONS

32 °F	0°C
200 °F	94°C
300 °F	149°C
325 °F	163°C
350 °F	177°C
375 °F	190°C
400 °F	205°C
425 °F	220°C
450 °F	233°C
475 °F	246°C
500 °F	260°C

IMPERIAL & METRIC PAN SIZE EQUIVALENTS

8 X 8" SQUARE PAN	20 X 20 CM SQUARE PAN
9 X 9" SQUARE PAN	23 X 23 CM SQUARE PAN
9 X 13" BAKING DISH	23 X 33 CM BAKING DISH
9 X 5" LOAF PAN	23 X 12 CM LOAF PAN