

FUELS

EASY COOKING CONVERSIONS

Weights and Measures

Cup	Ounces	Grams	mL	Tbsp
1/16 cup	1/2 oz	15 g	15 mL	1 tbsp
1/8 cup	1 oz	29 g	30 mL	3 tbsp
1/4 cup	2 oz	57 g	59 mL	4 tbsp
1/3 cup	2.5 oz	71 g	79 mL	5.5 tbsp
3/8 cup	3 oz	85 g	90 mL	6 tbsp
1/2 cup	4 oz	113 g	118 mL	8 tbsp
2/3 cup	5 oz	141 g	158 mL	11 tbsp
3/4 cup	6 oz	170 g	177 mL	12 tbsp
1 cup	8 oz	227 g	240 mL	16 tbsp
2 cup	16 oz	453 g	480 mL	32 tbsp

Temperatures

Farenheit	Celsius
200°	93°
300°	150°
325°	160°
350°	180°
375°	190°
400°	200°
425°	220°
450°	230°