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Liquid Measurement Conversions

Cups	Pints	Quart	Gallons	Fluid Ounces	Milliliters
$^{1}/_{4}$ cup	$^{1}/_{8}$ pint	$^{1}/_{16}$ quart	$^{1}/_{64}$ gallon	2 fl oz	59 mL
$^{1}/_{2}$ cup	$^{1}/_{4}$ pint	$^{1}/_{8}$ quart	$^{1}/_{32}$ gallon	4 fl oz	118 mL
$^{3}/_{4}$ cup	$^{3}/_{8}$ pint	$^{3}/_{16}$ quart	$^{3}/_{64}$ gallon	6 fl oz	177 mL
1 cup	$^{1}/_{2}$ pint	$^{1}/_{4}$ quart	$^{1}/_{16}$ gallon	8 fl oz	237 mL
2 cups	1 pint	$^{1}/_{2}$ quart	$^{1}/_{8}$ gallon	16 fl oz	473 mL
4 cups	2 pints	1 quart	$^{1}/_{4}$ gallon	32 fl oz	946 mL
8 cups	4 pints	2 quarts	$^{1}/_{2}$ gallon	64 fl oz	1893 mL
16 cups	8 pints	4 quarts	1 gallon	128 fl oz	3785 mL

Dry Measurement Conversions

Teaspoons	Tablespoons	Cups	Fluid Ounces	Pounds	Grams
3 tsp	1 tbsp	$^{1}/_{16}$ cup	$^{1}/_{2}$ oz		14.3 g
6 tsp	2 tbsp	$^{1}/_{8}$ cup	1 oz		28.3 g
12 tsp	4 tbsp	$^{1}/_{4}$ cup	2 oz		56.7 g
16 tsp	5 $^{1}/_{3}$ tbsp	$^{1}/_{3}$ cup	2.6 oz		75.6 g
24 tsp	8 tbsp	$^{1}/_{2}$ cup	4 oz	0.25 lb	113.4 g
36 tsp	12 tbsp	$^{3}/_{4}$ cup	6 oz	0.375 lb	170 g
48 tsp	16 tbsp	1 cup	8 oz	0.5 lb	227 g
96 tsp	32 tbsp	2 cups	16 oz	1 lb	453.6 g
192 tsp	64 tbsp	4 cups	32 oz	2 lbs	907 g

Temperature Conversions

Description	Fahrenheit	Celsius	Gas Mark
Freezer Storage	0 F	−18 C	
Water Freezes	32 F	0 C	
Refrigerator Storage	40 F	4 C	
Room Temperature	60 F to 72 F	20 C to 22 C	
Lukewarm Water	95 F	35 C	
Poach Temperature	160 F to 180 F	70 C to 82 C	
Simmer Temperature	185 F to 205 F	85 C to 95 C	
Boil Temperature	212 F	100 C	
Very Cool Oven	225 F	110 C	$^1/_4$
Cool Oven	250 F	120 C	$^1/_2$
Very Slow Oven	275 F	140 C	1
Slow Oven	300 F	150 C	2
Low/Warm Oven	325 F	160 C	3
Moderate/Medium Oven	350 F	180 C	4
Moderately Hot Oven	375 F	190 C	5
Hot Oven	400 F to 425 F	200 C to 220 C	6 to 7
Very Hot Oven	450 F to 475 F	230 C to 240 C	8 to 9
Extremely Hot Oven	500 F	260 C	9 +

- To convert Fahrenheit to Celsius $\frac{(°F-32)\times 5}{9} = °C$
- To convert Celsius to Fahrenheit $\left(\frac{°C\times 9}{5}\right) + 32 = °F$
- Water freezes at 32°F and boils at 212°F (at sea level) on the Fahrenheit scale. Water freezes at 0°C and boils at 100°C (at sea level) on the Celsius scale.

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Nutritional Information

Chef's Tips

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Notes & Extra Information

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