

COOKING CONVERSIONS

Ounces	Spoons	Cups	Grams	Pounds
1/2 oz	1 TSP	1/6 cup	15 g	-
1 oz	2 TBSP	1/8 cup	28 g	-
2 oz	4 TBPS	1/4 cup	57 g	-
3 oz	6 TBSP	1/3 cup	85 g	-
4 oz	8 TBSP	1/2 cup	115 g	1/4 LB
8 oz	16 TBSP	1 cup	227 g	1/2 LB
12 oz	24 TBSP	1 1/2 cup	340 g	3/4 LB
16 oz	32 TBSP	2 cups	455 g	1 LB
24 oz	48 TBPS	3 cups	680 g	1 1/2 LB
32 oz	64 TBPS	4 cups	907 g	2 LB
64 oz	128 TBPS	8 cups	1814 g	4 LB
128 oz	256 TBPS	16 cups	3629 g	8 LB

Tools for measuring

For Measuring
Solids like; flour,
sugar, nuts,
powders including
flavoring liquids
and oils:

Measuring Spoons



Measuring Cups



For Measuring
Liquids and Some
Solid Fats:

Measuring Spoons



For Measuring by
Weight:



EggTiming

5-7 minutes	Soft-Runny Yolk
10-12 minutes	Soft Yolk
13-15 minutes	Well Done

Liquid Conversions

