

CONVERSION CHART



Liquid Measure

gal. =	qt. =	pt. =	cups =	fl. oz. =	L =	Tbsp. =	tsp.
1 gal.	4 qt.	8 pt.	16 cups	128 fl. oz.	3.8 L		
1/2 gal.	2 qt.	4 pt.	8 cups	64 fl. oz.	1.89 L		
1/4 gal.	1 qt.	2 pt.	4 cups	32 fl. oz.	.95 L		
	1/2 qt.	1 pt.	2 cups	16 fl. oz.	.47 L		
	1/4 qt.	1/2 pt.	1 cup	8 fl. oz.	.24 L		
			1/2 cup	4 fl. oz.	.12 L	8 Tbsp.	24 tsp.
			1/4 cup	2 fl. oz.	.06 L	4 Tbsp.	12 tsp.
			1/8 cup	1 fl. oz.	.03 L	2 Tbsp.	6 tsp.
				1/2 fl. oz.	.015 L	1 Tbsp.	3 tsp.

Conversion Factors

ounces to milliliters: multiply ounce figure by 30 to get number of milliliters

cups to liters: multiply cup figure by 0.24 to get number of liters

Arizona Foods Division

2540 N. 29th Avenue
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Dry Measure

cups =	fluid oz. =	Tbsp. =	tsp. =	ml
1 cup	8 fluid oz.	16 Tbsp.	48 tsp.	237 ml
3/4 cup	6 fluid oz.	12 Tbsp.	36 tsp.	177 ml
2/3 cup	5 1/3 fluid oz.	10 2/3 Tbsp.	32 tsp.	158 ml
1/2 cup	4 fluid oz.	8 Tbsp.	24 tsp.	118 ml
1/3 cup	2 2/3 fluid oz.	5 1/3 Tbsp.	16 tsp.	79 ml
1/4 cup	2 fluid oz.	4 Tbsp.	12 tsp.	59 ml
1/8 cup	1 fluid oz.	2 Tbsp.	6 tsp.	30 ml
1/16 cup	1/2 fluid oz.	1 Tbsp.	3 tsp.	15 ml
1/48 cup	1/8 fluid oz.	1/3 Tbsp.	1 tsp.	5 ml

Conversion Factors

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cups to liters: multiply cup figure by 0.24 to get number of liters

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Oven Temperatures

Description =	American Standard =	Metric =	Gas Mark
very cool	225° F	110° C	mark # 1/4
lukewarm cool	250° F	130° C	mark # 1/2
cool	275° F	140° C	mark # 1
coolly moderate	300° F	150° C	mark # 2
very moderate	325° F	170° C	mark # 3
moderate	350° F	180° C	mark # 4
moderately hot	375° F	190° C	mark # 5
fairly hot	400° F	200° C	mark # 6
hot	425° F	220° C	mark # 7
really hot	450° F	230° C	mark # 8
very hot	475° F	240° C	mark # 9

Conversion Factors

Fahrenheit to Celsius: subtract 32 from the Fahrenheit figure, multiply by 5, then divide by 9 to get Celsius

Celsius to Fahrenheit: multiply Celsius figure by 9, divide by 5, then add 32 to get Fahrenheit

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Butter or Margarine to Olive Oil Conversion for Baking

Butter/Margarine =	Olive Oil
1 teaspoon	3/4 teaspoon
1 tablespoon	2 1/4 teaspoons
2 tablespoons	1 1/2 tablespoons
1/4 cup	3 tablespoons
1/3 cup	1/4 cup
1/2 cup	1/4 cup + 2 tablespoons
2/3 cup	1/2 cup
3/4 cup	1/2 cup + 1 tablespoon
1 cup	3/4 cup

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Teaspoon-Gallon Measures

1 teaspoon =	1 1/3 fluid drams
1 tablespoon =	3 teaspoons
1/4 cup =	4 tablespoons
1/3 cup =	5 tablespoons + 1 teaspoon
1/2 cup =	8 tablespoons
2/3 cup =	1/2 cup + 2 tablespoons + 2 teaspoons
1 cup =	16 tablespoons
1 pint =	2 cups
1 quart =	4 cups
1 gallon =	4 quarts

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Common Can and Bottle Sizes

standard =	metric
3 ounces	85 ml
3 1/2 ounces	100 ml
5 1/2 ounces	156 ml
7 1/2 ounces	213 ml
8 ounces	227 ml
10 ounces	284 ml
12 ounces	340 ml
13 ounces	370 ml
14 ounces	398 ml
18 ounces	504 ml
19 ounces	532 ml
28 ounces	796 ml
4 1/4 cups	1 liter
6 cups	1.5 liters
8 cups	2 liters

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Commonly Used Substitutions

Ingredient	Quantity	Substitute
Baking Powder	1 tsp. double acting	1/4 tsp. baking soda + 1/2 cup buttermilk <i>or</i>
Baking Powder	1 tsp. double acting	1/4 tsp baking soda + 1/2 tsp. cream of tartar
Butter	1 cup	1 cup margarine <i>or</i>
Butter	1 cup	7/8 cup lard + 1/2 tsp. salt
Chocolate	1 ounce	3 Tbsp. cocoa + 1 Tbsp. shortening
Corn Starch (for thickening)	1 Tbsp.	2 Tbsp. flour
Cream	1 cup	1/2 cup butter + 3/4 cup milk
Egg	1 whole	2 egg yolks
Flour	1 cup all purpose	1 cup + 2 Tbsp. cake flour
Flour	1 cup cake flour	7/8 cup all purpose flour
Flour	1 cup self-rising flour	1 cup flour (omit baking powder & salt)
Garlic	1 small clove	1/8 tsp. garlic powder
Herbs	1 Tbsp. fresh	1 tsp. dried
Honey	1 cup	1 1/4 cups sugar + 1/4 cup liquid
Milk, fresh whole	1 cup	1 cup reconstituted dry milk + 2 tsp. butter
Milk, whole	1 cup	1/2 cup evaporated milk + 1/2 cup water
Milk, sour	1 cup	1 Tbsp. lemon juice or vinegar + sweet milk to make 1 cup
Minced Dry Onion (hydrated)	1 Tbsp. instant	1 small fresh onion
Molasses	1 cup	1 cup honey
Mustard, prepared	1 Tbsp.	1 tsp. dry mustard
Ricotta Cheese	1 cup	1 cup cottage cheese + 1 Tbsp. skim milk
Sour Cream	1 cup	1 cup yogurt
Sugar, Brown	1 cup	3/4 cup granulated sugar + 1/4 cup molasses
Sugar, Powdered	1 1/3 cups	1 cup granulated sugar
Yogurt	1 cup	1 cup buttermilk

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