

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

CONVERSION CHART



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

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

CONVERSION CHART



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

CONVERSION CHART



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

CONVERSION CHART



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

CONVERSION CHART



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

CONVERSION CHART



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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Canned Food Drain Weights

Item	Drain weight in OZ per #10 Can
Apples, Sliced	96
Apricots, Halves/Slices in Heavy Syrup	62
Apricots, Halves/Slices, LT Syrup/Juice/ H2O.	64
Apricots, Whole, Peeled, in Heavy Syrup	60
Apricots, Whole, Peeled, in LT Syrup	62
Asparagus, Center Cuts & Tips	60
Beans, Garbanzo.	68
Beans, Green or Wax, 1.5" Cut	60
Beans, Green or Wax, French Cut	59
Beans, Green or Wax, Mixed or Short Cut	63
Beans, Green or Wax, Whole	58
Beans, Kidney	68
Beans, Lima, Fresh	72
Beans, Pinto	68
Beets, Diced, 3/8"	72
Beets, Julienne	68
Beets, Sliced, Medium, 1/4"	68
Beets, Whole, Size 1-3	69
Beets, Whole, Size 4-6	68
Blackberries, Heavy Pack in LT Syrup or H2O	74
Blackberries, Regular Pack in Heavy Syrup	62
Blueberries	55
Blueberries, Heavy Pack in LT Syrup or H2O	70
Boysenberry, Regular Pack in Heavy Syrup	55
Carrots, Diced, 3/8"	72
Carrots, Julienne.	68
Carrots, Sliced	68
Carrots, Whole	68
Cherries, Red, Tart, Pitted in Syrup	70
Cherries, Red, Tart, Pitted in H2O or Juice	72
Corn, Whole Kernel, GR A	70
Corn, Whole Kernel, GR B & C	72
Figs, Kadota, 70 Count or Less	63
Fruit Cocktail	71
Grapes, Light, Seedless.	62
Hominy, Whole, Style 1	72
Mushrooms, Stems & Pieces.	61
Olives, Ripe, Chopped	90
Olives, Ripe, Pitted, Jumbo, Colossal	64



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Canned Food Drain Weights

Item	Drain weight in OZ per #10 Can
Olives, Ripe, Pitted, SM, MD, LG, XLG	66
Olives, Slices, Wedges, Quartered	55
Onions, Whole, 100-199 CT, Small	63
Onions, Whole, 200 CT, Tiny	64
Onions, Whole, 80-99 CT, Medium	60
Oranges, Mandarin	60
Peaches, Clingstone, Diced	70
Peaches, Clingstone, Halves	69
Peaches, Clingstone, Slices	68
Pears, Diced	67
Pears, Halves	63
Pears, Slices	66
Peas & Carrots	70
Peas, Field & Blackeye Peas	72
Peas, GR A	70
Peas, GR B	72
Pimentos, Diced, Chopped	74
Pimentos, Pieces	74
Pimentos, Whole	72
Pineapple, Chunks	66
Pineapple, Cubes	71
Pineapple, Tidbits	66
Pineapple, Crushed in Syrup	69
Pineapple, Sliced	62
Plums, Purple, Halves	60
Plums, Purple, Whole	55
Potatoes, Sweet	73
Potatoes, White, Diced	76
Potatoes, White, Sliced	75
Potatoes, White, Whole	74
Prunes	90
Raspberries, in H2O	60
Raspberries, in Syrup	53
Sauerkraut	80
Spinach, Canned	58
Tomatoes, Whole, Peeled	58

Dry Spice Conversions

Item	FL OZ per OZ	TSP per OZ	TBL per OZ
Ajwain	3.3	20	6.67
Allspice, Ground	2.4	14.3	4.75
Anise, Ground	2	12	4
Anise Seeds	2.25	13.5	4.5
Annatto Power, Achioté	1.6	9.25	3.1
Basil, Ground	3	18	6
Bay Leaves	8.35	50	16.7
Bay Leaves, Ground	2.1	12.7	4.2
Caraway, Ground	2.5	15	5
Caraway Seed	1.95	11.7	3.9
Cardamom, Ground	2.4	14.5	4.8
Cayenne	2.25	13.5	4.5
Celery Salt	.95	5.7	1.9
Celery Seed	2.1	12.6	4.2
Celery Seed, Ground	2	12	4
Chervil Leaves	7.2	43	14.3
Chili Flakes, Red	2.8	17	5.67
Chili Powder	2.1	12.75	4.25
Chinese 5 Spice	2.1	12.75	4.25
Cinnamon	1.9	11.75	3.9
Cloves, Ground	2.2	13	4.3
Cloves, Whole	2.7	16	5.3
Coriander, Ground	2.4	14.33	4.8
Coriander Seeds	3.5	21	7
Cream of Tartar	1.25	7.5	2.5
Cumin, Ground	2.4	14.2	4.7
Curry Powder	2.2	13.2	4.4
Dextrose, Powdered	1.5	9	3
Dill Seed	2.2	13	4.3
Dill Weed	4.7	28.25	9.4
Epazote	5	30	10
Fennel, Ground	2.2	12.9	4.3
Fennel Seed	2.2	13	4.3
Fenugreek Seed	1.3	7.75	2.6
Fermento	2	12	4
Garlic, Granulated	1.4	8.5	2.8
Garlic Powder	1.75	10.7	3.5
Garlic Salt	1	6	2
Ginger	2.5	14.75	4.9

Dry Spice Conversions

Item	FL OZ per OZ	TSP per OZ	TBL per OZ
Herbs De Provence	5.5	33	11
Kosher Salt	1.3	8	2.6
Mace	2.5	14.8	4.9
Marjoram	5.7	34	11.3
Mint Leaves	15	90	30
Mustard, Ground	2.3	14	4.6
Mustard Seeds	1.25	7.5	2.5
Nutmeg	2.05	12.4	4.1
Onion Powder	2.2	12.8	4.3
Oregano Leaves	4.7	28	9.3
Paprika	2.1	12.5	4.2
Parsley Flakes	11.7	70	23.3
Pepper, Black, Coarse	2.1	12.5	4.2
Pepper, Black, Ground	2	12	4
Pepper Flakes, Red, Crushed	2.9	17	5.7
Pepper, White Ground	1.95	11.5	3.9
Peppercorns, Black	1.75	10.5	3.5
Pickling Spice	1.5	9	3
Poppy Seed	1.65	10	3.3
Pumpkin Spice	2.65	16	5.3
Rosemary, Ground	2.05	17	5.7
Rosemary, Leaves	4.5	27	9
Saffron	6.7	40	13.3
Sage, Ground	5.5	33	11
Salt, Kosher, Morton	0.9	5.5	1.8
Salt, Seasoning	.97	5.85	1.95
Salt, Table	.79	4.74	1.58
Sesame Seeds	1.8	11	3.6
Tarragon Leaves	6.15	37	12.3
Thyme, Ground	1.9	11.25	3.75
Thyme, Leaves	3.5	21	7
Turmeric	2	12	4
Wasabi Powder	2.9	17.25	5.75

Fruit Yields

Item	% Yield
Apples, Peeled & Cored	74
Apricots	92
Bananas	66
Blackberries	95
Blueberries	89
Cantaloupe	58
Cherries, Flesh	87
Coconut, Meat	43
Figs, Without Stem	98
Grapefruit, Segments Without Membrane	52
Grapes, Stemless	93
Guava	80
Kiwi	84
Honeydew	58
Lemon, Juiced & Strained	42
Lime / Lemon Zest	16
Limes, Juiced & Strained	42
Mango, Without Pit & Skin	69
Nectarines	75
Oranges	62
Papayas	67
Peaches, Sliced	78
Pears, Without Pit & Skin	78
Pineapple, Peeled & Cored, Cubed	46
Plantains	72
Plums	90
Pomegranates	56
Prickly Pear Fruit	69
Quince	61
Raspberries	96
Strawberries	92
Tangerine	71
Watermelon	50



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Meat Yields

Item	% Yield
BEEF	
Chuck	85
Flank	90
Flap Meat	80
Inside Round	65
Neck	75
Rib Chop	83
Rump	79
Shank Hind	43
Shank Fore	61
Shoulder Clod	75
Short Ribs	68
Sirloin Butt	70
Sirloin Top Full Cut	71
Steak Club	83
Steak Porterhouse	91
Steak T-Bone	88
Tender PSMO	75
Ribeye Steak Lip Off	72
Ribeye Steak Lip On	78
Strip Steak Center Cut	80
Strip Steak End Cut	63
Top Butt Steak Cap On	52
Top Butt Steak Center Cut	38
Peeled Tenderloin	52
LAMB	
Breast & Flank	89
Chop	75
Foreleg	70
Loin	89
Rib	81
Shoulder	86

Meat Yields

Item	% Yield
PORK	
Bacon	93
Butt Boneless	85
Chop	75
Ham	85
Picnic	81
Shoulder	81
Tenderloins	88
VEAL	
Chuck	80
Flank	99
Fore Shank	82
Leg, Boned & Trimmed	44
Loin	83
Plate	79
Rib	77
Round	77
CHICKEN	
Broiler/Fryer Without Neck/Giblets	89
Drum	63
Thighs	70
Wings	50
Breast	87
Breast Quarter	75
Drum	69
Leg	75
Leg Quarter	71
Thigh	82
DUCK	
Dressed	88
Legs	24
Wings	11



LOOK UP ITEM
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Meat Yields

Item	% Yield
TURKEY	
Whole, Dressed	90
VENISON	
Loin Chop	75
SEAFOOD	
Bass, Without Skin Filet	59
Clams, Edible Portion	15
Cod, Filet Without Skin	30
Crab, Blue From Shell	17
Crab, Dungeness From Shell	27
Crab, King From Shell	25
Crawfish, Tail	12
Crawfish, Back	23
Flounder, Filet Without Skin	41
Frog Legs, Flesh	65
Halibut, Filet Without Skin	59
Lobster, Meat Body Claw Tail	28
Oyster, Meat & Liquor	18
Snapper, Filet With Skin	73
Salmon, Meat Boneless Raw	88
Shrimp, Cleaned Without Shell	81
Tilapia, Dressed Filet	45
Trout, Filet Without Skin	59

Vegetable Yields

Item	% Yield
Alfalfa Sprouts	95
Artichokes	97
Arugula	97
Asparagus, Standard Whole	90
Avocado, Whole	77
Bamboo Shoot, Sliced from Whole	96
Bamboo Shoot, Sliced & Peeled	72
Bean Sprouts	97
Beans, Green	88
Beets	66
Belgian Endive	83
Bok Choy, Baby	92
Bok Choy, Regular	88
Broccoli, Bunch, Whole	63
Broccoli, Florets	63
Brussels Sprouts	89
Cabbage, Green	80
Cabbage, Red	80
Cabbage, Napa	88
Cabbage, Savoy	83
Carrots, Table, Medium	81
Carrots, Whole Baby	99
Cauliflower	60
Celery	69
Chard, Swiss	91
Cilantro	95
Collard Greens	65
Corn Cob, Fresh Niblets	29
Cucumber	95
Cucumber, Peeled, Seeded, Diced	55
Edamame, Hulled	90
Eggplant, Japanese, Slices	90
Eggplant, Peeled	84
Fennel, With 6" Stem	93
Fennel, Stemmed	56
Garlic	83
Ginger Root	83
Horseradish Root, Peeled	73
Jerusalem Artichoke	69

Vegetable Yields

Item	% Yield
Jicama	81
Kale, Green	60
Kohlrabi	47
Leeks	44
Lemon Grass, Trimmed	68
Lettuce, Bibb/Butter	80
Lettuce, Greenleaf	81
Lettuce, Iceberg	73
Lettuce, Redleaf	75
Lettuce, Romaine	75
Lotus Root	80
Malanga	74
Mushrooms, Crimini, Trimmed	74
Mushroom Crimini, Stems, Tipped.	89
Mushrooms, Morel,	85
Mushrooms, Oyster, Sliced	95
Mushroom, Shiitake	94
Mushrooms, White	94
Mustard Greens	75
Okra, Trimmed	84
Onions, Green	83
Onions, Red	90
Onions, Yellow.	90
Parsnips	84
Peas, Snap	94
Peppers, Anaheim, Seeded, Diced	87
Peppers, Bell, Green	81
Peppers, Habanero	88
Peppers, Jalapeño, Chopped w/ Seeds	94
Peppers, Pasilla, Cored, Seeded	76
Peppers, Bell, Red.	84
Peppers, Serrano, Chopped w/ Seeds	87
Potato, Baker, Russet	78
Pumpkin, Whole	63
Purslane	75
Purslane, Stemmed.	55
Radicchio	92
Radish, Daikon	88
Rhubarb	92

Vegetable Yields

Item	% Yield
Rutabaga	81
Shallots, Peeled, Diced	80
Spinach	66
Squash, Acorn.	76
Squash, Banana	76
Squash, Butternut.	84
Squash, Chayote	80
Squash, Crookneck.	98
Squash, Hubbard	71
Squash, Patty Pan.	95
Squash, Spaghetti.	69
Squash, Summer	95
Squash, Zucchini	94
Sweet Potato	75
Taro Root	86
Tomatillos	88
Tomato, Cherry	95
Tomatoes, Cored & Peeled	92
Tomatoes, Grape.	98
Tomatoes, Roma.	94
Turnips	81
Wasabi Root	73
Yam, Whole, Peeled.	88
Yucca, Peeled	78