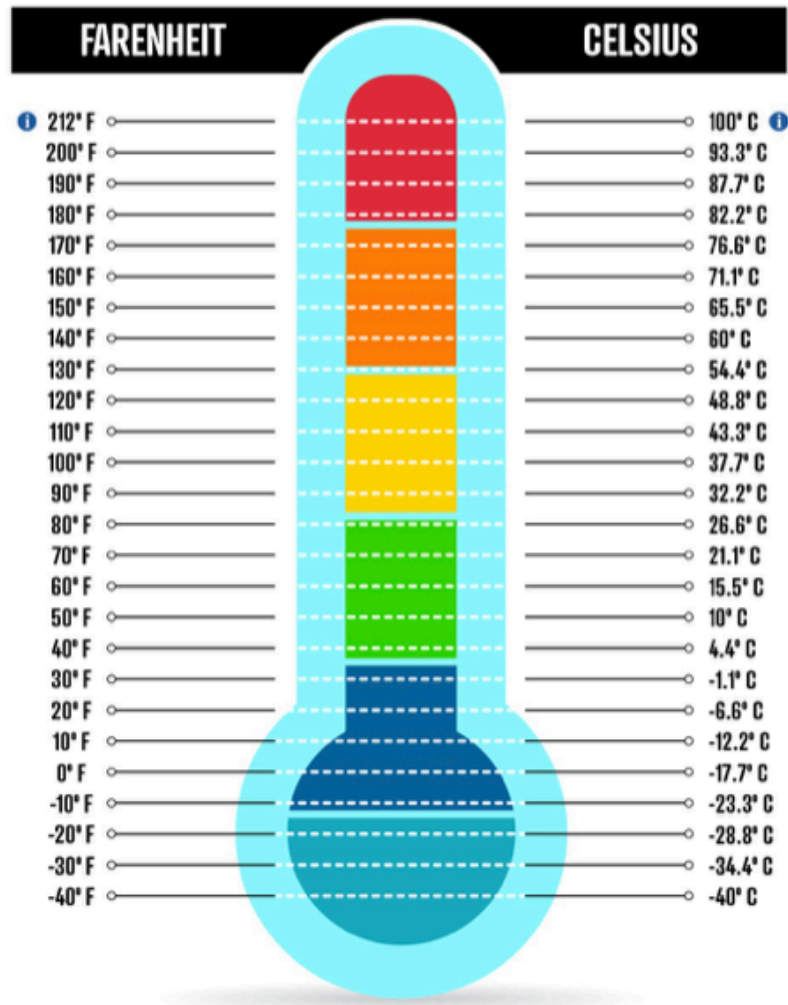


CONVERSION CHART

Fahrenheit to Celsius



Pan Size Equivalents	
9-by-13-inches baking dish	22-by-33-centimeter baking dish
8-by-8-inches baking dish	20-by-20-centimeter baking dish
9-by-5-inches loaf pan	23-by-12-centimeter loaf pan (=8 cups or 2 liters in capacity)
10-inch tart or cake pan	25-centimeter tart or cake pan
9-inch cake pan	22-centimeter cake pan

Oven Temperature Conversions

Fahrenheit	Celsius	Gas Mark
275° F	140° C	gas mark 1-cool
300° F	150° C	gas mark 2
325° F	165° C	gas mark 3-very moderate
350° F	180° C	gas mark 4-moderate
375° F	190° C	gas mark 5
400° F	200° C	gas mark 6-moderately hot
425° F	220° C	gas mark 7- hot
450° F	230° C	gas mark 9
475° F	240° C	gas mark 10- very hot

Ratios for selected foods

Measure	Equivalents		
Butter			
1 T. 1 stick	14 grams 4 ounces=113 grams	1 Tablespoon 8 tablespoons	½ cup
4 sticks	16 ounces=452 grams	32 tablespoons	2 cups
Lemon			

METRIC CONVERSION CHART

Converts LENGTH from English-to-metric and metric-to-English


Small Scale				Medium Scale				Large Scale			
Inches	cm	cm	Inches	Feet	m	m	Feet	Miles	km	km	Miles
0.01	0.025	0.01	0.004	0.01	0.003	0.01	0.033	0.01	0.016	0.01	0.006
0.1	0.254	0.1	0.039	0.1	0.030	0.1	0.328	0.1	0.161	0.1	0.062
0.2	0.508	0.2	0.079	0.2	0.061	0.2	0.656	0.2	0.322	0.2	0.124
0.3	0.762	0.3	0.118	0.3	0.091	0.3	0.984	0.3	0.483	0.3	0.186
0.4	1.016	0.4	0.157	0.4	0.122	0.4	1.312	0.4	0.644	0.4	0.248
0.5	1.270	0.5	0.197	0.5	0.152	0.5	1.640	0.5	0.805	0.5	0.311
0.6	1.524	0.6	0.236	0.6	0.183	0.6	1.968	0.6	0.966	0.6	0.373
0.7	1.778	0.7	0.276	0.7	0.213	0.7	2.296	0.7	1.127	0.7	0.435
0.8	2.032	0.8	0.315	0.8	0.244	0.8	2.624	0.8	1.288	0.8	0.497
0.9	2.286	0.9	0.354	0.9	0.274	0.9	2.952	0.9	1.449	0.9	0.559
1	2.54	1	0.39	1	0.30	1	3.28	1	1.61	1	0.62
2	5.08	2	0.79	2	0.61	2	6.56	2	3.22	2	1.24
3	7.62	3	1.18	3	0.91	3	9.84	3	4.83	3	1.86
4	10.16	4	1.57	4	1.22	4	13.12	4	6.44	4	2.48
5	12.70	5	1.97	5	1.52	5	16.40	5	8.05	5	3.11
6	15.24	6	2.36	6	1.83	6	19.68	6	9.66	6	3.73
7	17.78	7	2.76	7	2.13	7	22.96	7	11.27	7	4.35
8	20.32	8	3.15	8	2.44	8	26.24	8	12.88	8	4.97
9	22.86	9	3.54	9	2.74	9	29.52	9	14.49	9	5.59
10	25.4	10	3.94	10	3.05	10	32.8	10	16.10	10	6.21
20	50.8	20	7.87	20	6.10	20	65.6	20	32.20	20	12.42
30	76.2	30	11.81	30	9.14	30	98.4	30	48.30	30	18.63
40	101.6	40	15.75	40	12.19	40	131.2	40	64.40	40	24.84
50	127.0	50	19.69	50	15.24	50	164.0	50	80.50	50	31.05
60	152.4	60	23.62	60	18.29	60	196.8	60	96.60	60	37.26
70	177.8	70	27.56	70	21.34	70	229.6	70	112.70	70	43.47
80	203.2	80	31.50	80	24.38	80	262.4	80	128.80	80	49.68
90	228.6	90	35.43	90	27.43	90	295.2	90	144.90	90	55.89
100	254	100	39	100	30	100	328	100	161.0	100	62.1
200	508	200	79	200	61	200	656	200	322.0	200	124.2
500	1,270	500	197	500	152	500	1640	500	805.0	500	310.5
1,000	2,540	1,000	393.7	1,000	304.8	1,000	3,280	1,000	1610	1,000	621
2,000	5,080	2,000	787.4	2,000	609.6	2,000	6,560	2,000	3220	2,000	1242
5,000	12,700	5,000	1968.5	5,000	1524.0	5,000	16,400	5,000	8050	5,000	3105
1"= 2.54cm (= 0.254m) 1cm= 0.3937"				1= 0.3048m (=304.8mm) 1m= 3.280' (=39.37")				1mile= 1.61km 1km= 0.621miles			

Measurements Conversion Chart

US Dry Volume Measurements	
MEASURE	EQUIVALENT
1/16 teaspoon	dash
1/8 teaspoon	a pinch
3 teaspoons	1 Tablespoon
1/8 cup	2 tablespoons (= 1 standard coffee scoop)
1/4 cup	4 Tablespoons
1/3 cup	5 Tablespoons plus 1 teaspoon
1/2 cup	8 Tablespoons
3/4 cup	12 Tablespoons
1 cup	16 Tablespoons
1 Pound	16 ounces
US liquid volume measurements	
8 Fluid ounces	1 Cup
1 Pint	2 Cups (= 16 fluid ounces)
1 Quart	2 Pints (= 4 cups)
1 Gallon	4 Quarts (= 16 cups)
US to Metric Conversions	
1/5 teaspoon	1 ml (ml stands for milliliter, one thousandth of a liter)
1 teaspoon	5 ml
1 tablespoon	15 ml
1 fluid oz.	30 ml
1/5 cup	50 ml
1 cup	240 ml
2 cups (1 pint)	470 ml
4 cups (1 quart)	.95 liter
4 quarts (1 gal.)	3.8 liters
1 oz.	28 grams
1 pound	454 grams


METRIC -> STANDARD CONVERSIONS					
1 millimeter	=	0.03937 inches	1 mm	=	0.03937 in
1 centimeter	=	0.39370 inches	1 cm	=	0.39370 in
1 meter	=	39.37008 inches	1 m	=	39.37008 in
1 meter	=	3.28084 feet	1 m	=	3.28084 ft
1 meter	=	1.09361 yards	1 m	=	1.09361 yd
1 kilometer	=	1093.6133 yards	1 km	=	1093.6133 yd
1 kilometer	=	0.62137 miles	1 km	=	0.62137 mi

STANDARD -> METRIC CONVERSIONS					
1 inch	=	2.54 centimeters	1 in	=	2.54 cm
1 foot	=	30.48 centimeters	1 ft	=	30.48 cm
1 yard	=	91.44 centimeters	1 yd	=	91.44 cm
1 yard	=	0.9144 meters	1 yd	=	0.9144 m
1 mile	=	1609.344 meters	1 mi	=	1609.344 m
1 mile	=	1.609344 kilometers	1 mi	=	1.609344 km



Metric Conversion Chart

Cook internationally with Raddish!
Convert between imperial and metric measurements with the chart below.



Temperatures

Fahrenheit (°F)	Celsius (°C)
325°F	160°C
350°F	180°C
375°F	190°C
400°F	200°C
425°F	220°C
450°F	230°C

Liquid Ingredients


spoons	mL
¼ tsp	1 mL
½ tsp	2.5 mL
¾ tsp	4 mL
1 tsp	5 mL
1 Tbsp	15 mL

3 tsp = 1 Tbsp

Dry Ingredients

lbs/oz	grams
1 oz	30 g
4 oz	115 g
½ lb	230 g
1 lb	450 g
2 lbs	0.9 kg

16 oz = 1 lb



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