

Printable Cooking Conversion Chart

Volume, weight, oven temperatures, butter, and ingredient weights — every factor sourced from NIST and USDA.
Print at 100% scale.

📏 VOLUME

1 US cup = 236.588 ml (NIST HB 44)

CUPS	FL OZ	TABLESPOONS	MILLILITERS
1/8 cup	1 fl oz	2 tbsp	29.6 ml
1/4 cup	2 fl oz	4 tbsp	59.1 ml
1/3 cup	2⅔ fl oz	5 tbsp + 1 tsp	78.9 ml
1/2 cup	4 fl oz	8 tbsp	118.3 ml
2/3 cup	5⅓ fl oz	10 tbsp + 2 tsp	157.7 ml
3/4 cup	6 fl oz	12 tbsp	177.4 ml
1 cup	8 fl oz	16 tbsp	236.6 ml
1½ cups	12 fl oz	24 tbsp	354.9 ml
2 cups	16 fl oz	32 tbsp	473.2 ml
3 cups	24 fl oz	48 tbsp	709.8 ml
4 cups (1 qt)	32 fl oz	64 tbsp	946.4 ml

🧈 BUTTER EQUIVALENTS

US stick: 1 stick = 4 oz = 113 g (USDA FDC #173410)

STICKS	CUPS	TABLESPOONS	OUNCES	GRAMS
¼ stick	⅛ cup	2 tbsp	1 oz	28 g
½ stick	¼ cup	4 tbsp	2 oz	57 g
1 stick	½ cup	8 tbsp	4 oz	113 g
1½ sticks	¾ cup	12 tbsp	6 oz	170 g
2 sticks	1 cup	16 tbsp	8 oz	227 g

🔥 OVEN TEMPERATURE

°C = (°F - 32) × ⅕ · Gas Mark = UK scale

°FAHRENHEIT	°CELSIUS	GAS MARK	DESCRIPTION
250°F	120°C	—	Very Low
275°F	135°C	Gas 1	Very Cool
300°F	150°C	Gas 2	Cool
325°F	165°C	Gas 3	Warm
350°F	175°C	Gas 4	Moderate
375°F	190°C	Gas 5	Moderately Hot
400°F	200°C	Gas 6	Hot
425°F	220°C	Gas 7	Hot
450°F	230°C	Gas 8	Very Hot
475°F	245°C	Gas 9	Very Hot
500°F	260°C	—	Extremely Hot

🥄 COMMON INGREDIENT WEIGHTS (1 CUP)

Spoon-and-level method · USDA FoodData Central

INGREDIENT	1 CUP IN GRAMS
All-purpose flour	125 g
Cake flour	100 g
Bread flour	120 g
Granulated white sugar	200 g
Brown sugar, packed	220 g
Powdered sugar (confectioners')	120 g
Rolled oats (old-fashioned)	90 g
Unsweetened cocoa powder	85 g
Honey	340 g