



Baking Measurement Conversion Chart

US CUPS	TO	GRAMS
1 cup flour		120 g
Granulated sugar		200 g
Brown sugar		220 g
Powdered sugar		120 g
Rolled oats		100 g
Butter		226 g

TBSP	TO	OUNCES
16 TBSP		8 oz
12 TBSP		6 oz
10 TBSP + 2 tsp		5 oz
8 TBSP		4 oz
5 TBSP + tsp		2.5 oz
4 TBSP		2 oz

CUPS	TO	OUNCES
1 cup		8 oz
3/4 cup		6 oz
2/3 cup		5 oz
1/2 cup		4 oz
1/3 cup		2.5 oz
1/4 cup		2 oz

TBSP	TO	ML
16 TBSP		250 mL
12 TBSP		175 mL
10 TBSP + 2 tsp		150 mL
8 TBSP		125 mL
5 TBSP + tsp		75 mL
4 TBSP		60 mL

OTHER COMMON CONVERSIONS

1 TBSP	3 tsp	0.5 oz	15 mL
2 cups	1 pint	16 oz	500 mL
4 cups	1 quart	32 oz	1 L
2 quarts	1/2 gallon	64 oz	1.9 L
4 quarts	1 gallon	128 oz	3.8 L