Kitchen conversion chart

Printable chart from KitchenProds. The same numbers as https://kitchenprods.com/tools/kitchen-conversion-chart/

Last checked November 15, 2026. Source: NIST Handbook 44 Appendix C; King Arthur Baking; Which? and Wikipedia (gas marks)

Volume

US customary units. 1 US gallon = 231 cubic inches (NIST Handbook 44).

1 unit	Teaspoons	Tablespoons	Fluid oz	Cups	Millilitres
tablespoon	3	1	0.5	0.063	14.8
fluid ounce	6	2	1	0.125	29.6
cup	48	16	8	1	236.6
pint	96	32	16	2	473.2
quart	192	64	32	4	946.4
gallon	768	256	128	16	3785.4

Butter

A US stick is 1/2 cup and 113 g (King Arthur Baking).

Amount	Sticks	Cups	Grams	Ounces
1 tablespoon	1/8	1/16	14.1 g	0.5 oz
2 tablespoons	1/4	1/8	28.3 g	1 oz
4 tablespoons	1/2	1/4	56.5 g	2 oz
8 tablespoons	1	1/2	113 g	4 oz
16 tablespoons	2	1	226 g	8 oz

Oven temperatures

Celsius is as recipes print it. Gas 3 differs between sources (Which? 160, Wikipedia 170); gas 1/4, 1/2, 8, 9 and 10 have one source.

Fahrenheit	Celsius (exact)	Celsius (printed)	Gas mark
225 °F	107.2 °C	110 °C	Gas 1/4
250 °F	121.1 °C	120 °C	Gas 1/2
275 °F	135 °C	140 °C	Gas 1
300 °F	148.9 °C	150 °C	Gas 2
325 °F	162.8 °C	160-170 °C	Gas 3
350 °F	176.7 °C	180 °C	Gas 4
375 °F	190.6 °C	190 °C	Gas 5
400 °F	204.4 °C	200 °C	Gas 6
425 °F	218.3 °C	220 °C	Gas 7
450 °F	232.2 °C	230 °C	Gas 8
475 °F	246.1 °C	240 °C	Gas 9
500 °F	260 °C	260 °C	Gas 10

Weight

Ounces	Grams	Pounds
0.5 oz	14.2 g	0.031 lb
1 oz	28.3 g	0.063 lb
2 oz	56.7 g	0.125 lb
4 oz	113.4 g	0.25 lb
8 oz	226.8 g	0.5 lb
12 oz	340.2 g	0.75 lb
16 oz	453.6 g	1 lb