Kitchen Measurement Conversions

Cups, spoons, grams and degrees

Measure	Equals (about)
1 teaspoon	5 ml
1 tablespoon	3 teaspoons, 15 ml
1/4 cup	60 ml
1/2 cup	120 ml
1 cup	240 ml, 16 tablespoons
1 ounce	28 grams
1 pound	454 grams, 16 ounces
1 kilogram	2.2 pounds
180 °C	350 °F
200 °C	400 °F
220 °C	425 °F
Fan oven	reduce the temperature by about 20 °C

Tip: A kitchen scale is more accurate than cups, especially for baking.

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