

Handy Cooking Measurement Conversions Chart

U.S. to metric measurement conversions:

Length

1 inch = 2.54 centimeters
1 foot = 30.48 centimeters
1 yard = 0.914 meters
1 mile = 1609.34 meters, or 1.609 kilometers
1 kilometer = .62 miles

Temperature

32 degrees Fahrenheit = 0 degrees Celsius

On the Fahrenheit scale:

Freezing point of water: 32 degrees Fahrenheit
Boiling point of water: 212 degrees Fahrenheit

On the Celsius scale:

Freezing point of water: 0 degrees Celsius
Boiling point of water: 100 degrees Celsius

Weight

1 ounce = 28.35 grams
1 pound = 453.59 grams, or .453 kilograms
1 ton = 907.19 kilograms, or .907 "metric tons"

Quantity

1 ounce (fluid) = 29.574 milliliter
1 cup = 236.58 milliliters, or .236 liters,
140 grams (dry)
1 pint = .47 liters
1 quart = .946 liters
1 gallon = 3.785 liters

Other useful measurement conversions:

1 Cup is equal to:

½ pint
8 ounces
16 Tablespoon
48 Teaspoons
237 milliliters



1 Tablespoon is equal to:

1/16 cup
½ ounce
3 Teaspoons
15 milliliters



Other measurements:

1 pint is equal to 2 cups, or .47 liters
1 quart is equal to 4 cups, or .946 liters
1 gallon is equal to 4 quarts, or 16 cups,
or 3.79 liters

Convenient Conversions:

¼ cup is equal to 4 Tablespoons,
or 2 ounces, or 59 milliliters
½ cup is equal to 8 Tablespoons,
or 4 ounces, or 118 milliliters

Baking Substitutions

Quick Reference

Eggs (per egg)



Choose based on the flavors you are trying to create.

- 1/4 Cup Silken Tofu
- 1 TBSP Ground Flax Seed plus 3 TBSP Water
- 1/4 Cup Unsweetened Applesauce
- 3 1/2 TBSP Gelatin Mix
(1 Cup Boiling Water + 2 Teaspoons Gelatin)
- 1/2 Cup Mashed Banana

White Flour (per cup)



When substituting something for white flour the rule is to mix different types of substitutes together to get the right flavor and texture, at least two but three sometimes is better. Also use Grams instead of Cups. 140 Grams of any mixture below will equal 1 Cup of Flour.

- Coconut Flour
- Almond Flour
- Cornmeal
- Rice Flour
- Oat Flour
- Rolled Oats
- Soy Flour

Buttermilk (per cup)



- Sour Cream
- Plain Yogurt + 1 Teaspoon Baking Soda
+ 3 Tablespoons Butter
- Milk + 1 Tablespoon Lemon Juice
+ 3 Tablespoons Butter

Salt (per teaspoon)



- 1/2 Teaspoon Lemon Juice
- Dulse Seaweed Flakes (to taste)
- Dried Celery Flakes or Powder

Yeast



- Double Acting Baking Powder
- Equal Parts Baking Soda
+ Lemon Juice, Vinegar or Buttermilk

Oil (per cup)



What you use will depend on if your dish is sweet or savory.

- Fruit Puree
- Sour Cream
- Yogurt
- Banana
- Melted Butter
- Coconut Oil

White Sugar (per cup)



*You will need to reduce the liquid in the overall recipe for both of these substitutions.

- 2/3 Cup Agave Nectar
- 3/4 Cup Honey
- 1 Cup Chopped Dates
(puree with 1 Cup of liquid after soaking for 1 hour)
- 1 Cup Mashed Ripe Banana
- 1 Teaspoon Stevia

Milk (per cup)



- Almond Milk
- Coconut Milk
- Soy Milk
- Oat Milk
- Rice Milk

Sour Cream



- Plain Yogurt
+ 1 Tablespoon Lemon Juice
- Silken Yogurt
+ 1 Tablespoon Lemon Juice Blended

Cocoa Powder



- Carob Powder

Butter



- Vegetable Shortening
- Earth Balance Spread
- Coconut Oil
- Avocado