

Kitchen Conversions

Ingredient	Cups (c)	Tbsps (T)	Fluid Ounces (oz)	Grams (g)
Butter		1		14
Shortening	1/4	4	2	57
Peanut Butter	1/3	5.3	2.7	76
	1/2	8	4	114
	3/4	12	6	170
	1	16	8	227
Flour		1		8
Confectioner's Sugar	1/4	4		32
Icing Sugar	1/3	5.3		42
Cornstarch	1/2	8		62
	3/4	12		84
	1	16		125
Granulated Sugar		1		12
Castor Sugar	1/4	4		50
	1/3	5.3		66
	1/2	8		100
	3/4	12		150
	1	16		200
Brown Sugar-packed		1		14
	1/4	4		55
	1/3	5.3		73
	1/2	8		110
	3/4	12		165
	1	16		220
Rolled Oats	1			85
Oil		1		14
	1		8	224
Honey, Syrup		1		21
	1			340
Yogurt			6	170
	1		8	227
Water, milk	1/8	1	1	15
	1/4	4	2	60
	1/3	5.3	2.7	80
	1/2	8	4	120
	3/4	12	6	180
	1	16	8	240

Ingredient	Teaspoon (t)	Grams (g)
Salt	1	6
Vanilla	1	4
Baking Powder or soda	1	4.5
Spices (leaves)	1	0.7
Spices (ground)	1	2.5

Oven Temperature

°F	°C
300	150
325	165
350	175
375	190
400	205
425	220
450	230