

US Cups to Metric

- 1/4 cup equals 60 ml
- 1/3 cup equals 70 ml
- 1/2 cup equals 125 ml
- 2/3 cup equals 150 ml
- 3/4 cup equals 175 ml
- 1 cup equals 250 ml
- 1 1/2 cups equals 275 ml
- 2 cups equals 500 ml
- 4 cups equals 1 litre
- Keep in mind that recipes from the UK have different measurements for cups.

Oven Temperatures : Celsius to Fahrenheit to Gas and Description

- 110 C equals 225 F equals 1/4 Gas equals Cool
- 120 C equals 250 F equals 1/2 Gas equals Cool
- 140 C equals 275 F equals 1 Gas equals very low heat
- 150 C equals 300 F equals 2 Gas equals very low heat
- 160 C equals 325 F equals 3 Gas equals low heat
- 170 C equals 325 F equals 3 Gas equals moderate
- 180 C equals 350 F equals 4 Gas equals moderate
- 190 C equals 375 F equals 5 Gas equals hot oven
- 200 C equals 400 F equals 6 Gas equals hot oven
- 220 C equals 425 F equals 7 Gas equals very hot
- 230 C equals 450 F equals 8 Gas equals extremely

Weight: Metric Equals Imperial

- 15 grams equals 1/2 oz
- 25 grams equals 1 oz
- 40 grams equals 1 1/2 oz
- 55 grams equals 2 oz
- 70 grams equals 1 1/2 oz
- 85 grams equals 3 oz
- 100 grams equals 3 1/2 oz
- 115 grams equals 4 oz
- 125 grams equals 4 1/2 oz
- 140 grams equals 5 oz
- 150 grams equals 5 1/2 oz
- 175 grams equals 6 oz
- 200 grams equals 7 oz
- 225 grams equals 8 oz
- 250 grams equals 9 oz

- 280 grams equals 10 oz
- 315 grams equals 11 oz
- 350 grams equals 12 oz
- 375 grams equals 13 oz
- 400 grams equals 14 oz
- 425 grams equals 15 oz
- 450 grams equals 1 lb
- 500 grams equals 1 lb 2 oz
- 600 grams equals 1 lb 5 oz
- 700 grams equals 1 lb 9 oz
- 800 grams equals 1 lb 12 oz
- 900 grams equals 2 lbs
- 1 kg equals 2 lb 4 oz

Volume: Metric to Imperial

- 25 ml equals 1 fl oz
- 50 ml equals 2 fl oz
- 75 ml equals 2 1/2 fl oz
- 100 ml equals 3 1/2 fl oz
- 125 ml equals 4 fl oz
- 150 ml equals 5 fl oz
- 175 ml equals 6 fl oz
- 200 ml equals 7 fl oz
- 225 ml equals 8 fl oz
- 250 ml equals 9 fl oz
- 300 ml equals 10 fl oz
- 350 ml equals 12 fl oz
- 400 ml equals 14 fl oz
- 425 ml equals 15 fl oz
- 450 ml equals 16 fl oz
- 500 ml equals 18 fl oz
- 600 ml equals 1 pint
- 700 ml equals 1 1/4 pints
- 850 ml equals 1 1/2 pints
- 1 litre equals 1 3/4 pints
- 1.5 litres equals 2 3/4 pints
- 2 litres equals 3 1/2 pints
- 2.5 litres equals 4 1/2 pints
- 3 litres equals 5 1/4 pints