

## Kitchen Math Made Simple

### Metric to Standard

5 ml.....	1 teaspoon
15 ml.....	1 tablespoon
30 ml.....	1 fluid ounces
240 ml.....	1 cup
1 liter.....	34 fluid ounces
1 liter.....	4.2 cups
1 gram.....	0.035 ounce
100 grams.....	3.5 ounces
500 grams.....	1.10 pounds

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### Fahrenheit to Celsius

300° F.....	150° C
350° F.....	180° C
375° F.....	190° C
400° F.....	200° C
425° F.....	220° C
450° F.....	230° C

### Cups to Tablespoons

1/8 cup.....	2 tablespoon
1/4 cup.....	4 tablespoons
1/3 cup.....	5 tablespoons + 1 teaspoon
1/2 cup.....	8 tablespoons
3/4 cup.....	12 tablespoon
1 cup.....	16 tablespoon

A stick of butter is 4 oz which is the same as 8 tablespoons or half a cup!

