

CONVERSION TABLE

Measurements for Dry Ingredients		Length	
15g	½ oz	5mm	¼ inch
315g	10 oz	1cm	½ inch
345g	11 oz	2,5cm	1 inch
375g	12 oz - ¾ lb	5cm	2 inches
410g	13 oz	10cm	4 inches
440g	14 oz	20cm	8 inches
470g	15 oz	30cm	12 inches
500g	16 oz – 1 lb		
750g	24 oz		
1kg	32 oz – 2lb		

Liquid Measurements		
Metric	U.S.	Fluid ounces
1ml	¼ teaspoon	
2,5ml	½ teaspoon	
5ml	1 teaspoon	
15ml	1 tablespoon	½
30ml	2 tablespoons	1
60ml	¼ cup	2
85ml	⅓ cup	2½
125ml	½ cup	4
185ml	¾ cup	6
250ml	1 cup	8
500ml	2 cups	16 (1 pint)
1 litre	4 cups	32 (1 quart)

Oven Temperatures		
Celsius	Fahrenheit	
120	250	Very slow
150	300	Slow
160-180	325-350	Moderately slow
190-200	375-400	Moderate
220-230	425-450	Moderately hot
250-260	475-500	Hot