

Gallon? Quart? Stick?

Standard to Metric

Cup	Fl oz	Tbsp	ml
1	8	16	240
3/4	6	12	180
2/3	5	11	160
1/2	4	8	120
1/3	2.5	5.3	80
1/4	2	4	60
1/8	1	2	30

LIQUID VOLUME	
1 gallon:	1 quart:
= 4 litres	= 1 litre
= 4 quarts	= 2 pints
= 8 pints	= 4 cups
= 16 cups	



WEIGHT		
oz	lb	grams
16	1	454
8	½	226
2		57

Oven Temp

F	C	Gas Mark
275	140	1
300	150	2
325	165	3
350	180	4
375	190	5
400	200	6
425	220	7

Foods

1 lg egg = 3 Tbsp or

Weight: 2.1oz or 56g

1 tbsp Yolk & 2 tbsp white

Stick of butter = ½ cup

Juice of a Lime = 2 Tbsp

Juice of a Lemon = 2.5 Tbsp

1 tsp Garlic = ½ tsp Epicure's Minced Garlic

1 Onion = 3 Tbsp Epicure's 3 Onion Dip Mix

Or 1.5 Tbsp Epicure's Toasted Onion



Ingredients
for
Success



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