

Gallon? Quart? Stick?

As a Canadian who grew up in the metric system I cook in tsp, tbsp and cups although that's about. This chart has saved me!

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

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

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

LIQUID VOLUME

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

Foods

1 lg egg = 3 Tbsp or 2oz or 50g

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

