



Common Baking Conversions and Ingredient Weights

What the abbreviations mean:

tsp = teaspoons

Tbs = tablespoons

c = cup

oz = ounces (this is a weight measure)

fl oz = fluid ounces

pt = pint

qt = quart

gal = gallon

ml = milliliter

US Conversions

Dry measurements:

1 cup = 16 tablespoons = 48 teaspoons

$\frac{3}{4}$ cup = 12 tablespoons = 36 teaspoons

$\frac{1}{2}$ cup = 8 tablespoons = 24 teaspoons

$\frac{1}{4}$ cup = 4 tablespoons = 12 teaspoons

$\frac{1}{8}$ cup = 2 tablespoons = 6 teaspoons

1 tablespoon = 3 teaspoons

Liquid Measurements:

1 cup = 8 fluid ounces = $\frac{1}{2}$ pint = $\frac{1}{4}$ quart

2 cups = 16 fluid ounces = 1 pint = $\frac{1}{2}$ quart

4 cups = 32 fluid ounces = 2 pints = 1 quart = $\frac{1}{4}$ gallon

8 cups = 64 fluid ounces = 4 pints = 2 quarts = $\frac{1}{2}$ gallon

16 cups = 128 fluid ounces = 8 pints = 4 quarts = 1 gallon

US to Metric Conversions (liquids) (rounded)

1 ounce = 30 ml

$\frac{1}{4}$ cup = 59 ml

$\frac{1}{3}$ cup = 79 ml

$\frac{1}{2}$ cup = 119ml

$\frac{2}{3}$ cup = 158 ml

$\frac{3}{4}$ cup = 178 ml

1 cup = 237ml

Weights of Common Baking Ingredients

1 cup all-purpose flour = 124g

1 cup packed brown sugar = 200g

1 cup granulated sugar = 200g

1 cup powdered sugar (confectioners' sugar) = 113g

1 cup unsweetened cocoa powder = 80g

1 cup chocolate chips = 170g

$\frac{1}{2}$ cup (1 stick/8 tablespoons) unsalted butter = 113g

1 cup peanut butter = 265g

1 cup sour cream = 227g

1 cup quick cooking oats = 89g

1 cup shredded sweetened coconut = 68g

1 cup jimmies sprinkles = 180g

1 cup mini chocolate chips = 180g

1 cup chopped pecans = 111g

1 cup sliced almonds = 92g