



# Conversion Chart



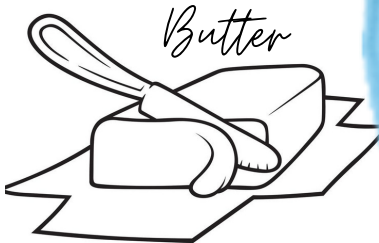
Flour

1 cup = 125 g  
 1/2 cup = 62 g  
 1/3 cup = 42 g  
 1/4 cup = 31 g  
 1 level tbsp = 8 g



Sugar

1 cup = 200 g  
 1/2 cup = 100 g  
 1/3 cup = 67 g  
 1/4 cup = 50 g  
 1 tbsp = 12 g



Butter

1 cup = 227 g  
 1/2 cup = 113 g  
 1/3 cup = 75 g  
 1/4 cup = 57 g  
 1 tbsp = 12 g



Milk, Water & Oil

1 cup = 240 ml  
 1/2 cup = 120 ml  
 1/3 cup = 80 ml  
 1/4 cup = 60 ml  
 1 tbsp = 15 ml



275 F = 140 C	375 F = 190 C
300 F = 150 C	400 F = 200 C
325 F = 165 C	425 F = 220 C
350 F = 180 C	450 F = 230 C

