

# Metric Conversion Sheet



too fresh to flop

## WEIGHT

1 oz = 28.35 g  
 1 g = 0.035 oz  
 1 kg = 35 oz (2.2 lbs)

## LIQUID

1 cup = 250 ml  
 1 fl oz = 29.5 ml  
 1 ml = 0.034 fl oz

## METRIC | IMPERIAL

30 g	1 oz
60 g	2 oz
85 g	3 oz
115 g	4 oz (¼ lb)
140 g	5 oz
170 g	6 oz
200 g	7 oz
230 g	8 oz (½ lb)
250 g	9 oz
285 g	10 oz
450 g	16 oz (1 lb)
500 g	17 oz

## METRIC | PINT | CUPS | FL OZ.

100 ml			3½
125 ml	½		4½
150 ml	¼		5
200 ml			7
250 ml		1	9
275 ml	½		10
300 ml			11
400 ml			14
500 ml		2	18
570 ml	1		20
750 ml		3	26
1.0 l	1¾	4	35

## OVEN TEMP

### CELSIUS | FAHRENHEIT

120	250	VERYSLOW
140	280	SLOW
150	300	
160	325	MODERATELYSLOW
180	350	MODERATE
190	375	MODERATELY HOT
200	400	HOT
230	450	VERY HOT

## COMMON INGREDIENTS

### METRIC | IMPERIAL

1 cup flour	140 g	5 oz
1 cup sugar	250 g	9 oz
1 cup brown sugar (firmly packed)	185 g	6½ oz
1 cup butter	250 g	9 oz
1 stick butter	115 g	4 oz
1 cup grated. cheese	115 g	4 oz