

MY KITCHEN INGREDIENTS CONVERSION TABLE

STANDARD CUP MEASUREMENTS

Cups



1 cup

3/4 cup

2/3 cup

1/2 cup

1/3 cup

1/4 cup

1/5 cup

2/5 cup

3/5 cup

4/5 cup

Millilitre



250 ml

180 ml

160 ml

125 ml

80 ml

60 ml

50 ml

100 ml

150 ml

200 ml

Spoons



2 Tbsp

1 Tbsp

1 Tsp

1/2 tsp

Millilitre



30 ml

15 ml

5 ml

3 ml



SUGAR ICING

Cups



1 cup

1/2 cup

1/3 cup

1/4 cup

Millilitre



250 ml

125 ml

80 ml

60 ml

Grams



130 g

65 g

40 g

30 g

Spoons



1 Tbsp

1 Tsp

Millilitre



15 ml

5 ml

Grams



8 g

3 g

CORNFLOUR / COCOA POWDER

Cups



1 cup

1/2 cup

1/3 cup

1/4 cup

Millilitre



250 ml

125 ml

80 ml

60 ml

Grams



125 g

60 g

40 g

30 g

Spoons



1 Tbsp

1 Tsp

Millilitre



15 ml

5 ml

Grams



7.5 g

2.5 g

DESICCATED COCONUT

Cups



1 cup

1/2 cup

1/3 cup

1/4 cup

Millilitre



250 ml

125 ml

80 ml

60 ml

Grams



100 g

50 g

30 g

25 g

Spoons



1 Tbsp

1 Tsp

Millilitre



15 ml

5 ml

Grams



6 g

2 g

BUTTER

Cups



1 cup

1/2 cup

1/3 cup

1/4 cup

Millilitre



250 ml

125 ml

80 ml

60 ml

Grams



250 g

125 g

80 g

60 g

Spoons



1 Tbsp

1 Tsp

Millilitre



15 ml

5 ml

Grams



15 g

5 g

FLOUR

Cups



1 cup

1/2 cup

1/3 cup

1/4 cup

Millilitre



250 ml

125 ml

80 ml

60 ml

Grams



125 g

60 g

40 g

30 g

Spoons



1 Tbsp

1 Tsp

Millilitre



15 ml

5 ml

Grams



7.5 g

2.5 g

SUGAR WHITE

Cups



1 cup

1/2 cup

1/3 cup

1/4 cup

Millilitre



250 ml

125 ml

80 ml

60 ml

Grams



200 g

100 g

67 g

50 g

Spoons



1 Tbsp

1 Tsp

Millilitre



15 ml

5 ml

Grams



13 g

4 g

CITRUS JUICE

Juice



Juice of 1 orange

Juice of 1 lemon

Juice of 1 lime

Millilitre



80 ml

60 ml

30 ml

Cups



1/3 cup

1/4 cup

2 Tbsp

CHEESE

Cups



1 cup grated

1/2 cup grated

Millilitre



250 ml

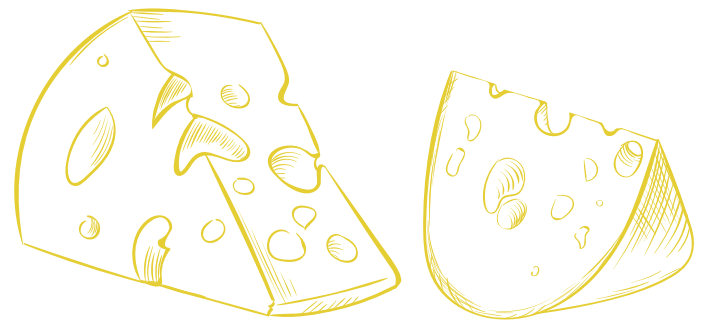
125 ml

Grams



125 g

60 g



OVEN TEMPERATURES

Degrees Celsius

Degrees Fahrenheit

