

Kitchen Conversions

American to British



Ounces (oz)



1 oz	=	28.4g
2 oz	=	56.8g
3 oz	=	85.2g
4 oz	=	113.6g
5 oz	=	142g

Fluid Ounces (fl oz)



1 fl oz	=	30ml
2 fl oz	=	60ml
3 fl oz	=	90ml
4 fl oz	=	120ml
5 fl oz	=	150ml

Pounds (lb)



1/4 lb	=	112.5g
1/2 lb	=	225g
3/4 lb	=	337.5g
1 lb	=	450g
1.5 lb	=	675g

Cups (liquid)

Not to be confused with drinking cups, a US cup is a cooking measure of volume



1/4 cup	=	59ml
1/2 cup	=	118ml
1 cup	=	236ml
1.5 cups	=	354ml

Cups (dry)

Note that gram weights vary depending on the type of ingredient used!



1 cup Flour*	=	125g
1 cup Butter	=	225g
1 cup Sugar	=	200g

* also icing sugar

Other Liquids



1 US pint	=	473ml*
* 1 UK pint = 568ml		
1 quart	=	946ml
1 gallon	=	3784ml

Spoons



US teaspoon	=	5ml (same)
US dessert spoon	=	10ml (same)
US table spoon	=	17.7ml UK (15ml US)

Butter



1/2 stick	=	56g
1 stick	=	113g