

## Weights & Measures

Butter	Carrots (diced / chopped)	Celery (sliced / chopped)	Cheese (Cottage cheese)	Cheese (Cream cheese / soft cheese)	Cheese (Hard / Parmesan)	Cheese (Mozzarella, shredded)
1 T = 14 g 1 C = 227 g ½ C = 113 g (=1 stick) ¼ C = 57 g ⅓ C = 75 g ⅔ C = 150 g	1 C = 122 g ½ C = 61 g ¼ C = 31 g ⅓ C = 41 g ⅔ C = 82 g	1 C = 225 g ½ C = 113 g ¼ C = 56 g ⅓ C = 75 g ⅔ C = 150 g	2 C = 324 g 1 C = 162 g ½ C = 81 g ¼ C = 56 g ⅓ C = 54 g ⅔ C = 108 g	1 C = 120 g (4.25 oz) ½ C = 60 g (2 oz) ¼ C = 30 g (1 oz) ⅓ C = 40 g (1½ oz) ⅔ C = 8 g (3 oz)	1 C = 100 g (3 oz) 1 C = grated = 80-100 g ½ C = 50 g (1½ oz) ½ C = grated = 40-50 g ¼ C = 25 g (¾ oz) ¼ C = grated = 20-25 g ⅓ C = 33 g (1¼ oz) ⅓ C = grated = 27-33 g ⅔ C = 66 g (2½ oz) ⅔ C = grated = 54-66 g	1 C = 113 g ½ C = 51 g ¼ C = 28 g ⅓ C = 38 g ⅔ C = 76 g
Cocoa (powdered)	Coconut (Dry shredded)	Corn (kernels)	Corn Starch / Potato Starch	Cream (Heavy)	Dates	Flour (Almond)
1 C = 95-100 g ½ C = 48-50 g ¼ C = 24-25 g ⅓ C = 32-33 g ⅔ C = 64-66 g	1 C = 100 g ½ C = 50 g ¼ C = 25 g ⅓ C = 33 g ⅔ C = 66 g	1 C = 175 g ½ C = 88 g ¼ C = 44 g ⅓ C = 58 g ⅔ C = 116 g	1 C = 120 g ½ C = 60 g ¼ C = 30 g ⅓ C = 40 g ⅔ C = 80 g	1 C = 237 ml = 240 g ¾ C = 177 ml = 180 g ½ C = 119 ml = 120 g ¼ C = 59 ml = 60 g ⅓ C = 79 ml = 80 g ⅔ C = 158 ml = 40 g	1 C = 225 g ½ C = 115 g ¼ C = 55 g ⅓ C = 75 g ⅔ C = 150 g	1 C = 100 g ½ C = 50 g ¼ C = 25 g ⅓ C = 33 g ⅔ C = 66 g
Flour (All-purpose / Whole wheat)	Ketchup	Length		Liquids (Water / Dashi / Milk)	Maple Syrup / Honey	Mayonnaise
1 C = 120 g ½ C = 60 g ¼ C = 30 g ⅓ C = 40 g ⅔ C = 80 g	1 C = 240 g ½ C = 120 g ¼ C = 60 g ⅓ C = 80 g ⅔ C = 160 g	<b>US inches</b> →	<b>Metric</b>	1 tsp = 5 ml 1 T = 15 ml ⅓ C = 80 ml ⅔ C = 160 ml ¼ C = 60 ml ¾ C = 180 ml 1 C = 240 ml 1½ C = 360 ml 2 C = 480 ml 3 C = 720 ml 4 C = 960 ml	1 C = 340 g = 240 ml ½ C = 170 g = 120 ml ¼ C = 85 g = 60 ml ⅓ C = 113 g = 80 ml ⅔ C = 226 g = 160 ml	1 C = 350 g = 200 ml ½ C = 175 g = 100 ml ¼ C = 88 g = 50 ml ⅓ C = 117 g = 67 ml ⅔ C = 233 g = 133 ml
Milk Powder (Dry)	Molasses		1 inch	2.5 cm	Nuts	
1 C = 100 g ½ C = 50 g ¼ C = 25 g ⅓ C = 33 g ⅔ C = 66 g	1 C = 350 g = 300 ml ½ C = 175 g = 150 ml ¼ C = 88 g = 75 ml ⅓ C = 117 g = 100 ml ⅔ C = 233 g = 200 ml		1½ inches	3.8 cm	Oats (Regular rolled)	
			2 inches	5 cm	1 C = 125 g ½ C = 63 g ¼ C = 21 g ⅓ C = 75 g ⅔ C = 150 g	
			3 inches	7.6 cm	1 C = 218 ml ¾ C = 165 ml ½ C = 109 ml ¼ C = 55 ml ⅓ C = 73 ml ⅔ C = 145 ml	
			4 inches	10 cm	1 C = 52 g ½ C = 26 g ¼ C = 13 g ⅓ C = 17 g ⅔ C = 34 g	
			5 inches	13 cm		
			6 inches	18 cm		
			7 inches	20 cm		
			8 inches	23 cm		
			9 inches	25 cm		
			10 inches	28 cm		
			12 inches	30 cm		
			13 inches	33 cm		
			18 inches	46 cm		
Oils (Canola)	Oils (Olive)			1 pint = 480 ml	Oils (Coconut)	Onions (Diced)
1 C = 236 ml ¾ C = 177 ml ½ C = 118 ml ¼ C = 59 ml ⅓ C = 78 ml ⅔ C = 156 ml	1 C = 218 ml ¾ C = 165 ml ½ C = 109 ml ¼ C = 55 ml ⅓ C = 73 ml ⅔ C = 145 ml			1 quart = 1 liter		
				4 quarts = 960 ml		
				1 gallon = 4 liters		

Pan Sizes		Panko	Peanut Butter	Peas	Raisins	
<p>1. <b>Small Saucepan:</b> 1 to 2 quarts 0.9 to 1.9 liters</p> <p>2. <b>Medium Saucepan:</b> 3 to 4 quarts 2.8 to 3.8 liters</p> <p>3. <b>Large Saucepan or Stockpot:</b> 6 to 8 quarts 5.7 to 7.6 liters</p> <p>4. <b>Skillet or Frying Pan (Small):</b> 8 to 10 inches 20 to 25 centimeters</p> <p>5. <b>Skillet or Frying Pan (Medium):</b> 10 to 12 inches 25 to 30 centimeters</p> <p>6. <b>Skillet or Frying Pan (Large):</b> 12 to 14 inches 30 to 35 centimeters</p> <p>7. <b>Baking Pan (Small):</b> 8 by 8 inches or 9 by 9 inches 20 by 20 centimeters or 23 by 23 centimeters</p> <p>8. <b>Baking Pan (Medium):</b> 9 by 13 inches 23 by 33 centimeters</p> <p>9. <b>Baking Pan (Large):</b> 10 by 15 inches 25 by 38 centimeters</p> <p><b>Pullman Bread Pan</b> 10 in x 5 in x 5 in = 26 cm x 12 cm x 12 cm</p> <p><b>Loaf pans</b> 21 in x 10 in x 6 in (small loaf pan) 23 in x 13 in x 7 in (large loaf pan)</p>		<p>1 C = 60 g ½ C = 30 g ¼ C = 15 g ⅓ C = 20 g ⅔ C = 40 g</p>	<p>1 C = 250 g (9 oz) ½ C = 125 g (4.4 oz.) ¼ C = 65 g (2.2 oz) ⅓ C = 85 g (2.9 oz) ⅔ C = 170 g (5.8 oz)</p>	<p>1 C = 165 g ½ C = 83 g ¼ C = 41 g ⅓ C = 55 g ⅔ C = 110 g</p>	<p>1 C = 150 g ½ C = 75 g ¼ C = 50 g ⅓ C = 40 g ⅔ C = 80 g</p>	
		<b>Rice</b>		<b>Salt (Kosher / Seal Salt)</b>		<b>Salt Table</b>
		<p>1 C = 200 g (7 oz) ½ C = 100 g (3.5 oz) ¼ C = 50 g (1.5 oz) ⅓ C = 66 g (2.25 oz) ⅔ C = 132 g (4.50 oz)</p> <p>100 g 玄米 = 112 cal. (cooked)</p> <p>1 C Japanese white rice cooker = 150-160 g 1 C Thai (Jasmine) rice cooker = 140-160 g 1 C Genmai rice cooker = 180-190 g 1 C Basmati rice cooker: = 150-160 g</p>		<p>Diamond Crystal Kosher: 1 tsp = 3-4 g Morton's Kosher: 1 tsp = 5 g</p>		<p>1 T = 16 g ½ T = 8 g 1 tsp = 6 g ½ tsp = 3 g ¼ tsp = 1.5 g ⅓ tsp = 2 g ⅔ tsp = 4 g</p>
				<b>Stock (Chicken powdered)</b>		<b>Sugar - Granulated (White &amp; Brown)</b>
				2 tsp (6 g) for 300 ml liquid		<p>1 C = 200 g ½ C = 100 g ¼ C = 50 g ⅓ C = 66 g ⅔ C = 132 g</p>
				<b>Sugar (Caster / Super Fine)</b>	<b>Sugar (Powdered)</b>	<b>Yeast (Instant SAF)</b>
				<p>1 C = 200 g ½ C = 115 g ¼ C = 55 g ⅓ C = 75 g ⅔ C = 150 g</p>	<p>1 C = 115-120 g ½ C = 58-60 g ¼ C = 29-30 g ⅓ C = 38-40 g ⅔ C = 76-80 g</p>	<p>1 packet = 3 g 1 T = 9.5 g 1 tsp = 3.15 g ½ tsp = 1.6 g ¼ tsp = 0.8 g</p>
				<b>Yogurt (Greek plain)</b>		<b>Yogurt (Regular plain)</b>
		<b>Temperature</b>		<b>Weight</b>		
<p>140°F = 60°C 145°F = 63°C 150°F = 65°C 160°F = 71°C 165°F = 73°C 170°F = 77°C 180°F = 82°C 190°F = 88°C 200°F = 93°C 210°F = 99°C 215°F = 102°C 225°F = 110°C</p>	<p>250°F = 130°C 275°F = 140°C 300°F = 150°C 325°F = 165°C 350°F = 180°C 375°F = 190°C 400°F = 200°C 425°F = 220°C 450°F = 230°C 475°F = 245°C 500°F = 260°C</p>	<p>1 C = 237 ml ¾ C = 177 ml ½ C = 119 ml ¼ C = 59 ml</p> <p>1 oz = 28 g 2 oz = 57 g 3 oz = 85 g 4 oz = 113 g 5 oz = 142 g 6 oz = 170 g 7 oz = 198 g</p>	<p>8 oz or ½ lb = 227 g 12 oz or ¾ lb = 340 g 16 oz (1 lb) = 453 g 32 oz (2 lb) = 907 g</p> <p>⅓ lb = 151 g ⅔ lb = 299 g</p> <p>1 kg = 1,000 grams = 2.2 pounds</p>	<p>1 C = 285 g ½ C = 143 g ⅓ C = 94 g ¼ C = 71 g</p>		
				<p>1 C = 245 g = 240 ml ½ C = 123 g ⅓ C = 82 g ¼ C = 62 g</p>		