

Cookery Conversion Chart

Flour		
$\frac{1}{4}$ Cup	=	32g
$\frac{1}{3}$ Cup	=	43g
$\frac{1}{2}$ Cup	=	64g
$\frac{2}{3}$ Cup	=	85g
$\frac{3}{4}$ Cup	=	96g
1 Cup	=	128g

Sugar		
$\frac{1}{4}$ Cup	=	50g
$\frac{1}{3}$ Cup	=	67g
$\frac{1}{2}$ Cup	=	100g
$\frac{2}{3}$ Cup	=	134g
$\frac{3}{4}$ Cup	=	150g
1 Cup	=	201g

Icing sugar		
$\frac{1}{4}$ Cup	=	30g
$\frac{1}{3}$ Cup	=	45g
$\frac{1}{2}$ Cup	=	60g
$\frac{2}{3}$ Cup	=	75g
$\frac{3}{4}$ Cup	=	90g
1 Cup	=	120g

Brown sugar		
$\frac{1}{4}$ Cup	=	45g
$\frac{1}{3}$ Cup	=	60g
$\frac{1}{2}$ Cup	=	90g
$\frac{2}{3}$ Cup	=	120g
$\frac{3}{4}$ Cup	=	130g
1 Cup	=	180g

Butter		
$\frac{1}{4}$ Cup	=	57g
$\frac{1}{3}$ Cup	=	76g
$\frac{1}{2}$ Cup	=	113g
$\frac{2}{3}$ Cup	=	142g
$\frac{3}{4}$ Cup	=	171g
1 Cup	=	227g

Onions (Diced)		
$\frac{1}{4}$ Cup	=	13g
$\frac{1}{3}$ Cup	=	17g
$\frac{1}{2}$ Cup	=	26g
$\frac{2}{3}$ Cup	=	35g
$\frac{3}{4}$ Cup	=	39g
1 Cup	=	52g

Tomatoes (Diced)		
$\frac{1}{4}$ Cup	=	50g
$\frac{1}{3}$ Cup	=	67g
$\frac{1}{2}$ Cup	=	100g
$\frac{2}{3}$ Cup	=	134g
$\frac{3}{4}$ Cup	=	150g
1 Cup	=	200g

<u>Spoons</u>	=	<u>grams</u>
$\frac{1}{4}$ tsp	=	1.25ml
$\frac{1}{2}$ tsp	=	2.5ml
1 tsp	=	5ml
1 dsp	=	10ml
1 tbsp	=	15ml

Liquid		
$\frac{1}{4}$ Cup	=	60ml
$\frac{1}{3}$ Cup	=	90ml
$\frac{1}{2}$ Cup	=	120ml
$\frac{2}{3}$ Cup	=	15ml
$\frac{3}{4}$ Cup	=	180ml
1 Cup	=	240ml

Fluid ozs	=	ml
1	=	28.4
2	=	56.8
3	=	85.2
4	=	113.6
8	=	227.2
20	=	568
1 pint	=	1136

Sunflower oil Vegetable oil		
$\frac{1}{4}$ Cup	=	2fl ozs
$\frac{1}{2}$ Cup	=	4fl ozs
$\frac{3}{4}$ Cup	=	6fl ozs
1 Cup	=	8fl ozs

<u>Imperial</u>	=	<u>Grams</u>
1oz	=	28.5
2ozs	=	57
3ozs	=	85.5
4ozs	=	114
8ozs	=	227
16ozs	=	454
1lb	=	454

.1 Imperial cup of dried red lentils	=	19 grams
$\frac{1}{5}$ Imperial cup of dried red lentils	=	38 grams
0.3 Imperial cup of dried red lentils	=	57 grams
0.4 Imperial cup of dried red lentils	=	76 grams
$\frac{1}{2}$ Imperial cup of dried red lentils	=	95 grams
0.6 Imperial cup of dried red lentils	=	114 grams
0.7 Imperial cup of dried red lentils	=	133 grams
0.8 Imperial cup of dried red lentils	=	152 grams
0.9 Imperial cup of dried red lentils	=	171 grams
1 Imperial cup of dried red lentils	=	190 grams