

Chef Solus' Conversion Table for Cooking

Source: United States Dept. of Agriculture (USDA).



U.S. to Metric	
Fluids	
1/5 teaspoon = 1 ml	
1 teaspoon = 5 ml	
1 tablespoon = 15 ml	
1 fluid oz. = 30 ml	
1/5 cup = 50 ml	
1 cup = 240 ml	
2 cups (1 pint) = 470 ml	
4 cups (1 quart) = .95 liter	
4 quarts (1 gal.) = 3.8 liters	
Weight	
1 oz. = 28 grams	
1 pound = 454 grams	



Metric to U.S.	
Fluids	
1 milliliters = 1/5 teaspoon	
5 ml = 1 teaspoon	
15 ml = 1 tablespoon	
30 ml = 1 fluid oz.	
47 ml = 1/5 cup	
100 ml = 3.4 fluid oz.	
237 ml = 1 cup	
240 ml = 1 cup	
473 ml = 2 cups	
.95 liter = 4 cups	
3.8 liters = 4 quarts (1 gal.)	
1 liter = 34 fluid oz.	
1 liter = 4.2 cups	
1 liter = 2.1 pints	
1 liter = 1.06 quarts	
1 liter = .26 gallon	
Weight	
1 gram = .035 ounce	
100 grams = 3.5 ounces	
500 grams = 1.10 pounds	
1 kilogram = 2.205 pounds	
1 kilogram = 35 oz.	