

Table of Measures and Equivalences



Flour



Sugar



Powdered
Sugar



Cocoa



Butter

1 Cup	3,8oz / 110gr	7,9oz / 225gr	3,8oz / 110gr	4,4oz / 125gr	7,9 oz / 225gr
1/2 Cup	1,7oz / 50gr	4oz / 115gr	1,7oz / 50gr	2,1oz / 60gr	4oz / 115gr
1/4 Cup	1oz / 30gr	1,9oz / 55gr	1oz / 30gr	1oz / 30gr	1,9oz / 55gr
1/8 Cup	0,5oz / 15gr	1oz / 30gr	0,5oz / 15gr	0,5oz / 15gr	1oz / 30gr

Liquids

Cup	Milliliters	Ounces
1	237	8
1/2	118	4
1/4	59	2
1/8	30	0,4
1/16	14	1

Cup to Tablespoon Temperature

Cup	Tablespoon	Teaspoonful
1	16	48
1/2	8	24
1/4	4	12
1/8	2	6
1/16	1	3

°C	°F	Fire
120	250	Low
150	300	
180	350	Moderate
200	400	Hot
220	425	
230	450	Very Hot