

Weights

Metric	Imperial	Metric	Imperial
25g	1oz	50g	2oz
75g	3oz	110g	4oz
150g	5oz	175g	6oz
200g	7oz	225g	8oz/½ lb
250g	9oz	275g	9½oz
300g	10½oz	350g	12oz
375g	13oz	400g	14oz
425g	15oz	450g	16oz/1 lb
550g	1¼ lb	700g	1½ lb
1 kg	2¼ lb	2 kg	4½ lb

1 tsp = 5ml
3 tsp = approx 1 tblsp
1 tblsp = 14ml
2 tblsp = 1 fl oz
1 fl oz = 28ml
4 tblsp = ¼ cup or 2 fl oz
5 1/3 tblsp = 1/3 cup
8 tblsp = 1/2 cup or 4 fl oz
10 2/3 tblsp = 2/3 cup
12 tblsp = 3/4 cup
16 tblsp = 1 cup or 8 fl oz
1/8 cup = 2 tblsp
1/4 cup = 4 tblsp or 2 fl oz
1/3 cup = 5 1/3 tblsp
1/2 cup = 8 tblsp or 4 fl oz
2/3 cup = 10 2/3 tblsp
1 cup = 16 tblsp, 8 fl oz or 1/2 pint
2 cups = 1 pint
1 pint = 570ml
2 pints = 1 quart
4 quarts = 1 gallon
1 litre = approx 4 cups, or 1 quart

Fluid Measurements

Metric	Imperial	Metric	Imperial
1.25ml	¼ tsp (teaspoon)	2.5ml	¼ tsp
5ml	1 tsp	10ml	1 dsp (dessert spoon)
15ml	1 tblsp (tablespoon)	30ml	1fl oz (fluid ounce)
50ml	2fl oz	150ml	5fl oz or ½pt (pint)
200ml	7fl oz or 1/3pt	300ml	10fl oz or ½pt
425ml	15fl oz or ¾pt	600ml	20fl oz or 1pt
700ml	1¼pt	850ml	1½pt
1ltr (litre)	1¾pt	1.2ltr	2pt

Caster Sugar (superfine)

75g - 3oz - 1/3 cup
 110g - 4oz - 1/2 cup
 175g - 6oz - 3/4 cup
 225g - 8oz - 1 cup
 290g - 10oz - 1 1/4 cups

Dark Muscovado Sugar

110g - 4oz - 3/4 cup
 150g - 5oz - 1 cup
 200g - 7oz - 1 1/4 cups
 260g - 9oz - 1 3/4 cups

Icing Sugar (confectioners)

225g - 8oz - 1 1/2 cups
 450g - 1lb - 3 cups

Plain Flour (all-purpose) or Self-raising Flour

10g - 1/2oz - 2 tblsp
 75g - 3oz - 3/4 cup
 110g - 4oz - 1 cup
 150g - 5oz - 1 1/4 cups
 175g - 6oz - 1 1/2 cups
 225g - 8oz - 2 cups
 290g - 10oz - 2 1/2 cups

Cocoa Powder

110g - 4oz - 1 cup

Butter/Margarine

40g - 1 1/2oz - 3 tblsp
 50g - 2oz - 1/4 cup
 110g - 4oz - 1/2 cup
 150g - 5oz - 2/3 cup
 175g - 6oz - 3/4 cup
 225g - 8oz - 1 cup
 290g - 10oz - 1 1/4 cups

Milk

125ml - 4fl oz - 1/2 cup
 250ml - 8fl oz - 1 cup

Water

175ml - 6fl oz - 3/4 cup

Plain Chocolate (semisweet)

50g - 2oz - 2 squares
 110g - 4oz - 4 squares
 175g - 6oz - 6 squares

Plain Yoghurt

150ml - 1/4pt - 2/3 cup

Mixed Dried Fruit

400g - 14oz - 2 1/2 cups
 600g - 1 1/4lb - 3 3/4 cups

Glace Cherries

50g - 2oz - 1/3 cup
 75g - 3oz - 1/2 cup
 90g - 3 1/2oz - 2/3 cup
 150g - 5oz - 1 cup

Chopped Mixed Nuts

25g - 1oz - 1/4 cup
 40g - 1 1/2oz - 1/3 cup
 50g - 2oz - 1/2 cup
 75g - 3oz - 3/4 cup
 110g - 4oz - 1 cup

Tablespoon equivalents

Approx no. of level tblsp to give 25g/1oz

Ingredient	No of tblsp
Flour	3
Grated Cheese	4
Coffee/Cocoa	3
Butter/lard	2
Sultanas	2
Jam/Syrup	1
Castor Sugar	2
Icing Sugar	3