

Converting Recipes to Metric Measures

The instructions and tables presented below will walk the reader through converting a recipe to metric measures. It is **important** to note that these conversions only work with U.S. recipes. Customary measures like cups, pints, quarts, and gallons mean different things in different countries. For example, *if you try to convert a British or Australian recipe to metric using these instructions, it may flop.*

For the sake of keeping things simple, I have slightly rounded off the measurements stated below. All conversions should be sufficiently accurate for all recipes. For exact conversions, see the Appendices.

Liquids (and Herbs and Spices)

Liquids can be converted to liters or milliliters with the following table. Small volumes (less than about 1 fluid ounce or 2 tablespoons) of ingredients such as salt, herbs, spices, baking powder, etc. should also be converted with this table. Do not use this table to convert other non-liquid ingredients.

Volume Conversions: Normally used for liquids only	
Customary quantity	Metric equivalent
1 teaspoon	5 mL
1 tablespoon <i>or</i> 1/2 fluid ounce	15 mL
1 fluid ounce <i>or</i> 1/8 cup	30 mL
1/4 cup <i>or</i> 2 fluid ounces	60 mL
1/3 cup	80 mL
1/2 cup <i>or</i> 4 fluid ounces	120 mL
2/3 cup	160 mL
3/4 cup <i>or</i> 6 fluid ounces	180 mL
1 cup <i>or</i> 8 fluid ounces <i>or</i> half a pint	240 mL
1 1/2 cups <i>or</i> 12 fluid ounces	350 mL
2 cups <i>or</i> 1 pint <i>or</i> 16 fluid ounces	475 mL
3 cups <i>or</i> 1 1/2 pints	700 mL

4 cups <i>or</i> 2 pints <i>or</i> 1 quart	950 mL
4 quarts <i>or</i> 1 gallon	3.8 L
<p>Note: In cases where higher precision is not justified, it may be convenient to round these conversions off as follows:</p> <p>1 cup = 250 mL 1 pint = 500 mL 1 quart = 1 L 1 gallon = 4 L</p>	

Weight

Weights can be converted with the following table. Note that the ounces referred to in this table are *not* the same as fluid ounces.

Weight Conversions	
Customary quantity	Metric equivalent
1 ounce	28 g
4 ounces <i>or</i> 1/4 pound	113 g
1/3 pound	150 g
8 ounces <i>or</i> 1/2 pound	230 g
2/3 pound	300 g
12 ounces <i>or</i> 3/4 pound	340 g
1 pound <i>or</i> 16 ounces	450 g
2 pounds	900 g

Other non-liquid ingredients

Non-liquid ingredients specified in American recipes by volume (if more than about 2 tablespoons or 1 fluid ounce) should be converted to weight with the following table. If you need to convert an ingredient that isn't in this table, the safest thing to do is to measure it with a traditional measuring cup and then weigh the results with a metric scale. In a pinch, you can use the volume conversion table, above.

Weights of common ingredients in grams

Ingredient	1 cup	3/4 cup	2/3 cup	1/2 cup	1/3 cup	1/4 cup	2 Tbsp
Flour, all purpose (wheat)	120 g	90 g	80 g	60 g	40 g	30 g	15 g
Flour, well sifted all purpose (wheat)	110 g	80 g	70 g	55 g	35 g	27 g	13 g
Sugar, granulated cane	200 g	150 g	130 g	100 g	65 g	50 g	25 g
Confectioner's sugar (cane)	100 g	75 g	70 g	50 g	35 g	25 g	13 g
Brown sugar, packed firmly (but not too firmly)	180 g	135 g	120 g	90 g	60 g	45 g	23 g
Corn meal	160 g	120 g	100 g	80 g	50 g	40 g	20 g
Corn starch	120 g	90 g	80 g	60 g	40 g	30 g	15 g
Rice, uncooked	190 g	140 g	125 g	95 g	65 g	48 g	24 g
Macaroni, uncooked	140 g	100 g	90 g	70 g	45 g	35 g	17 g
Couscous, uncooked	180 g	135 g	120 g	90 g	60 g	45 g	22 g
Oats, uncooked quick	90 g	65 g	60 g	45 g	30 g	22 g	11 g
Table salt	300 g	230 g	200 g	150 g	100 g	75 g	40 g
Butter	240 g	180 g	160 g	120 g	80 g	60 g	30 g
Vegetable shortening	190 g	140 g	125 g	95 g	65 g	48 g	24 g
Chopped fruits and vegetables	150 g	110 g	100 g	75 g	50 g	40 g	20 g
Nuts, chopped	150 g	110 g	100 g	75 g	50 g	40 g	20 g
Nuts, ground	120 g	90 g	80 g	60 g	40 g	30 g	15 g
Bread crumbs, fresh, loosely packed	60 g	45 g	40 g	30 g	20 g	15 g	8 g
Bread crumbs, dry	150 g	110 g	100 g	75 g	50 g	40 g	20 g
Parmesan cheese, grated	90 g	65 g	60 g	45 g	30 g	22 g	11 g