

Conversion Table

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Introduction

Accurate measurements are crucial in baking, and having a handy conversion table can make the process much easier, especially when dealing with recipes from different regions. This bonus section provides comprehensive conversion tables to help bakers in the USA, UK, Canada, and European countries seamlessly follow recipes and achieve the best results.

Volume Conversions

US to Metric (Volume)

US Cups	Milliliters (ml)
1/4 cup	60 ml
1/3 cup	80 ml
1/2 cup	120 ml
2/3 cup	160 ml
3/4 cup	180 ml
1 cup	240 ml

Common Liquid Measurements

US Fluid Ounces	Milliliters (ml)
1 fl oz	30 ml
8 fl oz (1 cup)	240 ml
16 fl oz (1 pint)	473 ml
32 fl oz (1 quart)	946 ml

Weight Conversions

US to Metric (Weight)

US Weight (Ounces)	Grams (g)
1 oz	28 g
2 oz	57 g
4 oz (1/4 lb)	113 g
8 oz (1/2 lb)	227 g
16 oz (1 lb)	454

Temperature Conversions

Fahrenheit (°F)	Celsius (°C)
32°F	0°C
50°F	10°C
100°F	38°C
150°F	65°C
200°F	93°C
250°F	121°C
300°F	149°C
350°F	177°C
400°F	204°C
450°F	232°C
500°F	260°C

Common Ingredient Conversions

Flour

US Cups	Grams (g)
1/4 cup	30 g
1/3 cup	40 g
1/2 cup	60 g
1 cup	120 g

Sugar

US Cups	Grams (g)
1/4 cup	50 g
1/3 cup	65 g
1/2 cup	100 g
1 cup	200 g

Butter

US Cups	Grams (g)
1/4 cup	57 g
1/3 cup	76 g
1/2 cup	113 g
1 cup	227

Liquid Conversions

Milk, Water, Oil

US Cups	Milliliters (ml)
1/4 cup	60 ml
1/3 cup	80 ml
1/2 cup	120 ml
1 cup	240

Common Baking Ingredient Substitutions

Ingredient	Substitute
1 cup buttermilk	1 cup milk + 1 tablespoon lemon juice or vinegar
1 cup whole milk	1 cup almond milk, soy milk, or oat milk
1 cup honey	1 cup maple syrup or agave nectar
1 cup butter	1 cup margarine or 7/8 cup oil
1 cup all-purpose flour	1 cup gluten-free flour blend

These comprehensive conversion tables are designed to help you easily follow recipes, no matter where they originate. Accurate measurements ensure consistent results, allowing you to bake with confidence and success. Enjoy your sourdough discard baking journey with these handy conversions at your fingertips!