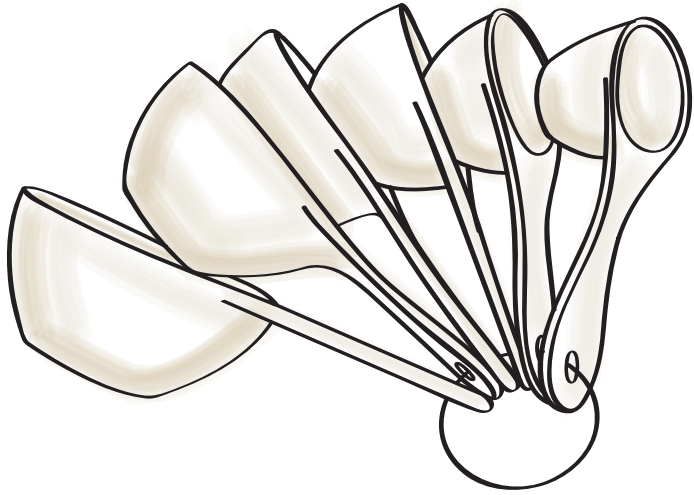


A **DASH?** How much is a **DASH?!** *and other metric mysteries solved*



It's Thanksgiving meal prep time again, so tie on that apron, slip into some comfortable shoes and settle into the kitchen (you're going to be in there a long while). To reduce the lag time scouring online or in the indexes of your cookbooks (remember those?) to figure out measurement conversions for your recipes, keep this Metric Conversion card handy.

(And remember to have fun and count your blessings during your holiday cooking-baking marathon!)

FOR
DUMMIES
A Wiley Brand

US Dry Volume Measurements

MEASURE

EQUIVALENT

1/16 teaspoon

dash

1/8 teaspoon

a pinch

3 teaspoons

1 Tablespoon

1/8 cup

2 tablespoons
(= 1 standard coffee scoop)

1/4 cup

4 Tablespoons

MEASURE

EQUIVALENT

1/16 teaspoon

5 Tablespoons
plus 1 teaspoon

1/2 cup

8 Tablespoons

3/4 cup

12 Tablespoons

1 cup

16 Tablespoons

1 Pound

16 ounces

US Dry Volume Measurements

MEASURE	EQUIVALENT	MEASURE	EQUIVALENT
1/16 teaspoon	dash	1/16 teaspoon	5 Tablespoons plus 1 teaspoon
1/8 teaspoon	a pinch	1/2 cup	8 Tablespoons
3 teaspoons	1 Tablespoon	3/4 cup	12 Tablespoons
1/8 cup	2 tablespoons (= 1 standard coffee scoop)	1 cup	16 Tablespoons
1/4 cup	4 Tablespoons	1 Pound	16 ounces

US Dry Volume Measurements

8 Fluid ounces	1 Cup	1 Quart	2 Pints (= 4 cups)
1 Pint	2 Cups (= 16 fluid ounces)	1 Gallon	4 Quarts (= 16 cups)

Metric to US Conversions

1 milliliter	1/5 teaspoon	1 liter	2.1 pints
5 ml	1 teaspoon	1 liter	1.06 quarts
15 ml	1 tablespoon	1 liter	.26 gallon
30 ml	1 fluid oz.	1 gram	.035 ounce
100 ml	3.4 fluid oz.	100 grams	3.5 ounces
240 ml	1 cup	500 grams	1.10 pounds
1 liter	34 fluid oz.	1 kilogram	2.205 pounds
1 liter	4.2 cups	1 kilogram	35 oz.

Making sense of Butter and Creams

MEASURE		EQUIVALENT		
BUTTER	1 T.	14 grams	1 Tablespoon	1/2 cup
	1 stick	4 ounces=113 grams	8 tablespoons	
	4 sticks	16 ounces=452 grams	32 tablespoons	2 cups
CREAMS	Half and half	1/2 milk 1/2 cream	10.5 to 18% butterfat	
	Light cream		18% butterfat	
	Light whipping cream		26-30 % butterfat	
	Heavy cream	whipping cream	36% or more butterfat	
	Double cream	extra-thick double cream, Clotted or Devonshire	42% butterfat	

A DASH? How much is a DASH?!
and other metric mysteries solved