



Conversion table for cup measurements and oven temperatures

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Using standard cup measurements	Using standard metric measures	Oven temperatures		
1 Cup = 250 ml	250 ml = 1 Cup	°C	°F	Gas
Standard tea cup = 200 ml	200 ml = 1 Tea cup = $\frac{3}{4}$ Cup + 1 Tbsp	100	200	
$\frac{3}{4}$ Cup = 185 ml	100 ml = 7 Tbsp = $\frac{1}{3}$ Cup + Tbsp	120	250	$\frac{1}{2}$
$\frac{2}{3}$ Cup = 165 ml	75 ml = 5 Tbsp = $\frac{1}{4}$ Cup + 1 Tbsp	140	275	1
$\frac{1}{2}$ Cup = 125 ml	50 ml = 3 – $3\frac{1}{2}$ Tbsp	160	325	2
$\frac{1}{3}$ Cup = 80 ml	25 ml = 5 Tsp	180	350	3
$\frac{1}{4}$ Cup = 60 ml	15 ml = 1 Tbsp	190	375	4
3 Tbsp = 45 ml	5 ml = 1 Tsp	200	400	5
2 Tbsp = 30 ml	2 – 3 ml = $\frac{1}{2}$ Tsp	220	425	6
1 Tbsp = 15 ml		240	475	7 – 8
1 Tsp = 5 ml		260	500	8
$\frac{1}{2}$ Tsp = 3 ml				
$\frac{1}{4}$ Tsp = 1 ml				