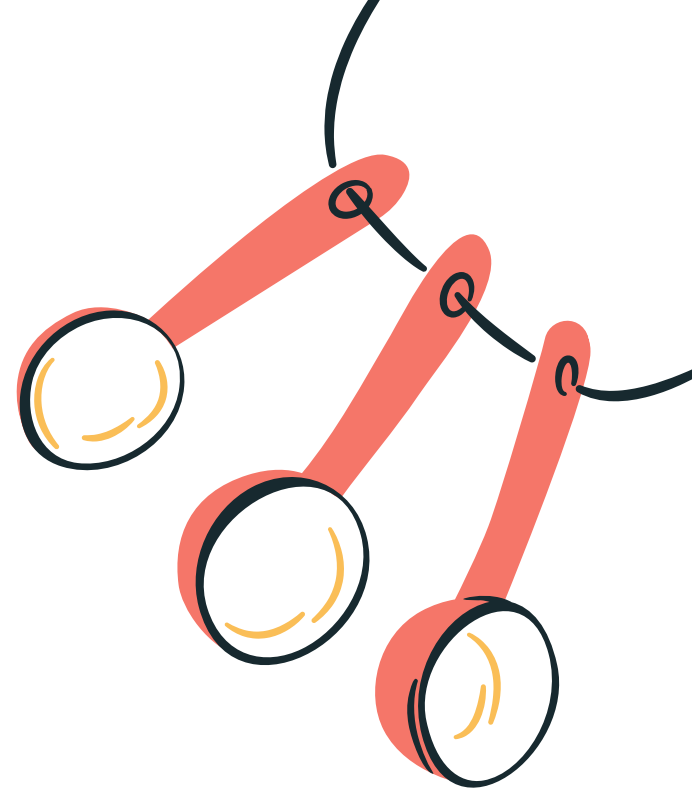


baking conversions

metric cup & spoon sizes

metric	spoon
1.25 ml	1/4 teaspoon
2.5 ml	1/2 teaspoon
5 ml	1 teaspoon
20 ml	1 tablespoon



metric	cup
60 ml	1/4 cup
80 ml	1/3 cup
125 ml	1/2 cup
250 ml	1 cup



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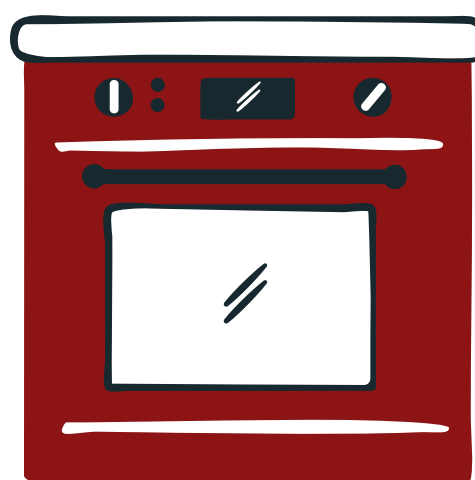


mass (weight)

metric	imperial
10 g	1/4 oz
15 g	1/2 oz
30 g	1 oz
250 g	80 oz (1/2 lb)
500 g	16 oz (1 lb)
1 kg	32 oz (2 lb)

oven temperature

celsius*	fahrenheit
120°	250°
150°	300°
180°	350°
200°	400°
250°	500°



*Reduce by 20°C for fan-forced ovens.

