

Kitchen Measurement Converter

Cuisi'Frigo - cuisifrigo.com

Volumes

- 1 tablespoon = 15 ml = 3 teaspoons
- 1 teaspoon = 5 ml
- 1 cup = 250 ml
- 1 glass = about 200 ml

Common equivalents

- 1 cup of flour = about 130 g
- 1 cup of sugar = about 200 g
- 1 cup of raw rice = about 185 g
- 1 tablespoon of butter = 15 g

Temperatures

- 180 C = 350 F
- 200 C = 400 F
- 160 C = 320 F

Portions per person

- Dry pasta: 80 to 100 g
- Raw rice: 60 to 80 g
- Meat or fish: 120 to 150 g
- Vegetables: 200 to 250 g

