



# Metric Conversion Chart

Cook internationally with Raddish!  
Convert between imperial and metric measurements with the chart below.



## Temperatures

Fahrenheit (°F)	Celsius (°C)
325°F	160°C
350°F	180°C
375°F	190°C
400°F	200°C
425°F	220°C
450°F	230°C

## Liquid Ingredients

spoons	mL
¼ tsp	1 mL
½ tsp	2.5 mL
¾ tsp	4 mL
1 tsp	5 mL
1 Tbsp	15 mL

3 tsp =  
1 Tbsp

cups	mL
¼ cup	60 mL
⅓ cup	80 mL
½ cup	120 mL
¾ cup	180 mL
1 cup	240 mL

## Dry Ingredients

lbs/oz	grams
1 oz	30 g
4 oz	115 g
½ lb	230 g
1 lb	450 g
2 lbs	0.9 kg

16 oz =  
1 lb