



Quick Conversion Factors for Kitchen and Bar

based on ESBUnitconv Website <http://www.esbconsult.com/esbcalc>

Courtesy of Klaus Theyer CCC

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NOTE: Significance of conversions should be limited to 4 decimal places.

VOLUME (Imperial Liquid Fluid)

1 Imp ounces = 28.41 ml, 1 imp gallon = 4 quarts = 8 pints = 160 fl ounces, 1 gallon = 4.5456 liters

1 Imp fl ounce = 28.41 ml times 1.0408375 = 1 US fl ounces = 29.57 ml

1 liters = 10 deciliters = 1000 milliliters = 35.195 Imp fl ounces

1 US fl oz = (29.574 ml) minus 1 Imp fl oz (28.413 ml) = 1.161 ml, hence the US fl oz is 1.161 ml (4.088%) larger then the Imp fl oz

for accurate conversion				Simple Recipe conversion	for accurate conversion				Simple Recipe conversion
#'s of Units	Unit	times x	= to		#'s of Units	Unit	times x	= to	
1	teaspoon	3.625116000	milliliters	5	1	teaspoon	0.1276000000	Imp ounces	0.13
1	tablespoon	14.500464000	milliliters	15	1	tablespoon	0.5104000000	Imp ounces	0.5
1	Imp fl ounce	28.410000000	milliliters	28.4	1	milliliters	0.0351988736	Imp ounces	0.04
1	8 oz cup	0.2272800000	liters	0.23	1	250 ml	0.0351988736	Imp ounces	8.80
1	½ pints	0.2841000000	liters	0.29	1	liters	35.1988736360	Imp ounces	35.20
1	pints	0.5682000000	liters	0.58	1	liters	1.7599436818	Imp pints	1.76
1	quarts	1.1364000000	liters	1.16	1	liters	0.8799718409	Imp quarts	0.88
1	gallons	4.5456000000	liters	4.55	1	liters	0.2199929602	Imp gallons	0.22
1	Imp fl ounces	0.960764769	US fl ounces	0.96	1	Imp fl ounces	28.4100000000	millilitres	28.4

VOLUME (US Liquid Fluid)

1 US ounces = 29.57 ml, 1 US gallon = 4 quarts = 8 pints = 128 fl ounces, 1 gallon = 3.785 liters

1 US fl ounce = 29.57 ml times 1.0408375 = 1 Imp fl ounces = 28.41 ml

1 liters = 10 deciliters = 1000 milliliters = 33.818 US fl ounces

1 US fl oz = (29.57 ml) minus 1 Imp fl oz (28.41 ml) = 1.16 ml, hence the US fl oz is 1.16 ml (4.083%) larger then the Imp fl oz

1 ounce = 2 tbslp of liquid, 4 oz = 1/2 cup, 8 oz = 1 cup, 3 tsp = 1 tbslp, 1 tbslp = 1/16 of a cup, 4 tbslp = 1/4 cup, 8 tbslp = 1/2 cup,

1/2 lbs (8 oz) of butter = 1 cup, 1 lbs of butter = 2 cups, 2 cups = 1 pint, 2 pint = 1 quart, 4 quarts = 1 gallon or 3.785 Litres

for accurate conversion				Simple Recipe conversion	for accurate conversion				Simple Recipe conversion
#'s of Units	Unit	times x	= to		#'s of Units	Unit	times x	= to	
1	teaspoon	4.928365563	milliliters	5	1 US	teaspoon	0.1666666667	US fl ounces	0.17
1	tablespoon	14.78509669	milliliters	15	1 US	tablespoon	0.5000000000	US fl ounces	0.5
1	US fl ounce	29.5701934	milliliters	29.6	1	milliliters	0.0338178377	US fl ounces	0.035
1	8 oz cup US	0.2365615470	liters	0.24	1	250 ml	8.454459425	US fl ounces	8.500
1	½ pints	0.23656155	liters	0.24	1	liters	33.8178376894	US fl ounces	33.82
1	US pints	0.473123094	liters	0.47	1	liters	2.1136148556	US pints	2.1
1	US quarts	0.9462461880	liters	0.95	1	liters	1.056807428	US quarts	1.06
1	US gallons	3.784984752	liters	3.8	1	liters	0.2642018569	US gallons	0.26
1	US fl ounces	1.0408375000	Imp fl ounces	1.04	1	Imp fl ounces	0.960764769	US fl ounces	0.96

Quick Bar measurements conversion

1 Imp oz Shot	= 28.41 ml
1 ¼ Imp oz Shot	= 35.513 ml
1 ½ Imp oz Shot	= 42.615 ml

1 bt (26 imp fl oz) =	738.66 ml	.73866 L
1 bt (40 imp oz) =	1136.40 ml	1.14 L
1 bt (250 ml) =	8.799 Imp oz	8.454 US oz
1 bt (500 ml) =	17.599 Imp oz	16.909 US oz
1 bt (750 ml) =	26.399 Imp oz	25.363 US oz
1 bt (1 L) =	35.199 Imp oz	33.818 US oz
1 bt (1750 ml) =	61.598 Imp oz	59.181 US oz
1 bt (2 L) =	70.398 Imp oz	67.636 US oz

WEIGHT conversions

#'s of Units	Unit	times	= to	Simple Recipe conversion
1	Ounces (oz)	28.34952312	Grams (gr)	28.35
1	Grams	0.035273962	Ounces	0.04
1	Pounds (lbs)	0.45359237040	Kilograms	0.454
1	Pounds (lbs)	453.5923704	Grams (gr)	454
1	Kilograms	2.2046226199	Pounds	2.2
1	Kilograms	35.2739619558	Ounces	35.3
1	Metric Tons	1.102311311	Tons	1.1
1	Tons	0.9071847399	Metric Tons	0.91

1 Kg = 100 Decagrams = 1000 Grams = 2.205 Lbs

1 Pound = 16 Ounces = 454 Grams = .454 Kilograms

LENGTH

#'s of Units	Unit	times	= to
1	inches	25.40	millimeters
1	inches	2.54	centimeters
1	inches	0.03	meters
1	foot	0.30	meters
1	yard	0.91	meters
1	mile (land)	1.61	kilometers
1	nautical mi	1.85	kilometers

in = inches, ft = foot (feet), yd = yard, mi = mile

12 inches = 1 foot, 3 feet = 1 yard, 5280 feet = 1 mile, 1 mile = 1760 yards

#'s of Units	Unit	times	= to
1	millimeters	0.04	inches
1	centimeters	0.39	inches
1	meters	39.40	inches
1	meters	3.28	feet
1	meters	1.09	yards
1	kilometers	0.06	miles
1	kilometers	0.54	nautical mi

mm = millimeter, cm = centemeter, m = meter, km = kilometer

1 cm = 10 mm, 1 m = 100 cm = 1000 mm

Fahrenheit	to Celcius	Fahrenheit	to Celcius	TEMPERATURE	Fahrenheit	to Celcius	Fahrenheit	to Celcius
500	260	350	176.66	F to C (F - 32) ÷ 9 × 5	32	0	Body 98.3	36.8
450	232.22	300	148.88	C to F (C × 9 ÷ 5) + 32	- 40	- 40	Room 70	21.11
400	204.44	250	121.11	F to C (F - 32) ÷ 1.8	- 28	- 33.33	Absolute 0	- 273.15
375	190.55	212	100	C to F (C × 1.8) + 32	- 18	- 27.78	- 459.67	Absolute 0