



### Cup

1/4 Cup	60 ml
1/3 Cup	75 ml
1/2 Cup	125 ml
2/3 Cup	150 ml
3/4 Cup	175 ml
1 Cup	250 ml
1 quart	1000 ml
1 gallon	4 l

### Ounce (oz) und Pound (lb)

1/2 oz	15g
1 oz	25 - 30 g
3 oz	90 g
4 oz	115 - 125 g
8 oz	225 - 250 g
12 oz	350 - 375 g
16 oz (1 pound)	450 - 500 g
2 1/4 pound	1 kg

### Fahrenheit / Celsius

250 °F	120 °C
300 °F	150 °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
475 °F	240 °C
500 °F	250 °C

### Runde Backform (1 inch = 2,54 cm)

8-inch pie plate	20 cm
9-inch pie plate	23 cm
10-inch pie plate	25 cm

### Stick

1 stick butter	4 oz /125 g
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### Creams

Double Cream – 48% Fett (Double Cream, Mascarpone)
Whipping Cream – 35% Fett (Sahne, Crème Fraiche)
Whipped Cream – 35% Fett (geschlagene Sahne)
Cream or single cream – 18% Fett Whipped Cream – 35% Fett (geschlagene Sahne)
Sour Cream - 10% Fett (Saure Sahne, Schmand)