

Ketogenic Kitchen Conversion Tables

Liquid Volumes		
mL	U.S.	fl oz
5	1 tsp	
15	1 tbsp	1/2
30	1/8 c	1
60	1/4 c	2
78	1/3 c	
118	1/2 c	4
158	2/3 c	
177	3/4 c	6
237	1 c	8
355	1 1/2 c	12
474	2 c	16
710	3 c	24
946	4 c	32

When exact measures aren't necessary, you can round 1 c = 250ml.

Dry Weights	
grams	oz — lb
28	1
57	2
85	3
113	4oz — 1/4 lb
151	1/3 lb
227	8 oz — 1/2 lb
302	2/3 lb
340	12 oz — 3/4 lb
454	1 lb
907	2 lb

Length	
metric	inches
6 mm	1/4"
13 mm	1/2"
19 mm	3/4"
2.5 cm	1"
10 cm	4"
15 cm	6"
23 cm	9"
30 cm	12" / 1 ft

Oven Temperatures	
Celsius	Fahrenheit
140°	285°
150°	300°
160°	320°
170°	338°
180°	356°
200°	392°
220°	425°
225°	437°

Dry Weights of Common Foods
AmiExpat.com has a great spreadsheet with dry weight conversions of common ingredients. Link to post: http://www.amiexpat.com/2012/12/15/metric-conversion-charts-for-cooking/ Link to spreadsheet: https://drive.google.com/file/d/0B-SUzb-sMym_b3Nhce9SU2hidVU/view?pli=1