



CONVERSION CHART



Spoon to ml:

1 tsp: 5 ml

1 dessert spoon: 10 ml

1 tbsp: 15 ml



Boiled Eggs

Soft: 5 mins

Medium: 7 mins

Hard: 9 mins



| Oz | Tsp | Tbsp | ml | cup | Pint | Gallon |
|----|-----|------|-----|-----|------|-----------|
| 1 | 6 | 2 | 30 | 1/8 | | |
| 2 | 12 | 4 | 60 | 1/4 | | |
| 4 | 24 | 8 | 120 | 1/2 | | |
| 6 | 36 | 12 | 177 | 3/4 | | |
| 8 | 48 | 16 | 237 | 1 | 1/2 | 1/4 quart |
| 16 | 96 | 32 | 470 | 2 | 1 | 1/2 quart |
| 32 | 192 | 64 | 950 | 4 | 2 | 1 pint |

Liquid Volumes



| Cups | Tbsp | Oz | Gm |
|------|------|----|-----|
| 1/8 | 2 | 1 | 28 |
| 1/4 | 4 | 2 | 57 |
| 1/2 | 8 | 4 | 115 |
| 1 | 16 | 8 | 227 |
| 2 | 32 | 16 | 455 |

DRY Weights



16 oz = 1lb