Measurement Conversions

Accurate measurements are essential for achieving consistent results in the kitchen. While all recipes in this cookbook use standard U.S. measurements, this quick reference guide includes common volume, weight, and temperature conversions to help you cook with confidence wherever you are.

Volume Conversions

U.S. Measurement	Equivalent
3 teaspoons (tsp)	1 tablespoon (Tbsp)
2 tablespoons	⅛ cup
4 tablespoons	¼ cup
5 tablespoons + 1 teaspoon	⅓ cup
8 tablespoons	½ cup
10 tablespoons + 2 teaspoons	⅔ cup
12 tablespoons	¾ cup
16 tablespoons	1 cup
2 cups	1 pint (pt)
2 pints	1 quart (qt)
4 quarts	1 gallon (gal)

Weight Conversions

U.S. Measurement	Metric Equivalent
1 ounce (oz)	28 g
4 ounces	113 g
8 ounces	227 g
12 ounces	340 g
16 ounces	454 g (1 lb)
1 pound (lb)	454 g
2 pounds	907 g
1 kilogram (kg)	2.2 pounds

Temperature Conversions

U.S. Measurement	Metric Equivalent
250°F	120°C
275°F	135°C
300°F	150°C
325°F	165°C
350°F	175°C
375°F	190°C
400°F	200°C
425°F	220°C
450°F	230°C

Kitchen Tip: Keep this page bookmarked for quick reference while cooking. Using accurate measurements helps ensure consistent, reliable results and lets the fresh, wholesome flavors of Mediterranean cuisine shine in every recipe.