

Cups – Imperial – Met

American Cup Conversions

	American	Imperial	Metric
1 Cup	Flour	5oz	150g
1 Cup	Caster/Granulated Sugar	8oz	225g
1 Cup	Brown Sugar	6oz	175g
1 Cup	Butter/Margarine/Lard	8oz	225g
1 Cup	Sultanas/Raisins	7oz	200g
1 Cup	Currents	5oz	150g
1 Cup	Ground Almonds	4oz	110g
1 Cup	Golden Syrup	12oz	350g
1 Cup	Uncooked Rice	7oz	200g
1 Cup	Grated Cheese	4oz	110g
1 Stick	Butter	4oz	110g

American	Imperial	Metric
1 Teaspoon	1 Teaspoon	5 ml
1/2 fl oz	1 Tablespoon	15 ml
1/4 Cup	4 Tablespoons	55 ml
½ Cup + 2 Tablespoons	1/4 Pint	150 ml
1 1/4 Cups	1/2 Pints	275 ml
1 Pint/16 fl oz	3/4 Pints	450 ml
2 1/2 Pints/5 Cups	2 Pints	1.2 Litres
10 Pints	8 Pints	4.8 Litres

Yeast Conversion Table

This is a table to convert fresh yeast to original dry yeast or Quick yeast.

This can be used for making breads and anything using yeast.

Fresh Yeast	Original Dry Yeast	Quick Yeast
3g	1.5g	1g
6g	3g	2g
10g	4g	3g
12g	6g	4g
17g	7g	5g
34g	14g	10g
68g	28g	20g