

US to U.K Cooking Conversions

Teaspoon (TSP) = 6ml

Tablespoon (TBS) = 3 Teaspoons (18ml)

Dessertspoon (DSP) = 2 Teaspoons (12ml)

Dry Equivalents

1 Cup = 225g (or 8oz American)

2 Cups = 450g = 1 Pound

1LB = 16OZ = 450g

1KG = 1000g

1 OZ = 28g

Liquid Equivalents

1 Fluid OZ = 30 ml

1 Cup = 8 Fluid OZ = 236ml

1 Pint = 570ml

1 Litre = 1000ml or 1 ³/₄ pints

1 Gallon = 4 ¹/₂ Litres = 8 Pints