

## CONVERSION OF QUANTITIES IN RECIPES

### Measure Conversion Chart

The following chart for measures permits easy adjustments of recipes to yield the number of portions actually needed. Since recipes are based on 100 portions, find the amount as specified in the recipe under column headed 100 portions and then use the amount shown in the column with the heading for the number of portions to be prepared, i.e., if a recipe for 100 uses 3 cups of flour, find 3 cups under the column headed 100 portions and then look in the column under 125 portions and you will see that you should use 3  $\frac{3}{4}$  cups to prepare 125 portions of the item.

tsp – teaspoon

tbsp – tablespoon

qt – quart

gal - gallon

10 Portions	25 Portions	50 Portions	75 Portions	100 Portions	125 Portions	150 Portions	175 Portions	250 Portions	275 Portions	300 Portions
.....	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp	$\frac{3}{4}$ tsp	1 tsp	1 $\frac{1}{4}$ tsp	1 $\frac{1}{2}$ tsp	1 $\frac{3}{4}$ tsp	2 $\frac{1}{2}$ tsp	2 $\frac{3}{4}$ tsp	1 tbsp
.....	$\frac{1}{2}$ tsp	1 tsp	1 $\frac{1}{2}$ tsp	2 tsp	2 $\frac{1}{2}$ tsp	1 tbsp	3 $\frac{1}{2}$ tsp	1 $\frac{2}{3}$ tbsp	1 $\frac{7}{8}$ tbsp	2 tbsp
$\frac{1}{4}$ tsp	$\frac{3}{4}$ tsp	1 $\frac{1}{2}$ tsp	2 tsp	1 tbsp	3 $\frac{3}{4}$ tsp	1 $\frac{1}{3}$ tbsp	1 $\frac{2}{3}$ tbsp	2 $\frac{1}{3}$ tbsp	2 $\frac{2}{3}$ tbsp	3 tbsp
$\frac{1}{2}$ tsp	1 $\frac{1}{2}$ tsp	1 tbsp	1 $\frac{2}{3}$ tbsp	2 tbsp	2 $\frac{2}{3}$ tbsp	3 tbsp	3 $\frac{2}{3}$ tbsp	5 tbsp	5 $\frac{2}{3}$ tbsp	6 tbsp
$\frac{3}{4}$ tsp	2 $\frac{1}{4}$ tsp	1 $\frac{2}{3}$ tbsp	2 $\frac{1}{3}$ tbsp	3 tbsp	$\frac{1}{4}$ cup	4 $\frac{2}{3}$ tbsp	5 tbsp	7 $\frac{2}{3}$ tbsp	$\frac{1}{2}$ cup	9 tbsp
1 tsp	1 tbsp	2 tbsp	3 tbsp	$\frac{1}{4}$ cup	5 tbsp	6 tbsp	7 tbsp	10 tbsp	11 tbsp	$\frac{3}{4}$ cup
1 $\frac{1}{2}$ tsp	3 $\frac{3}{4}$ tsp	2 $\frac{2}{3}$ tbsp	4 tbsp	5 tbsp	6 tbsp	7 $\frac{2}{3}$ tbsp	9 tbsp	12 $\frac{2}{3}$ tbsp	14 tbsp	1 cup
1 $\frac{3}{4}$ tsp	4 $\frac{1}{2}$ tsp	3 tbsp	4 $\frac{2}{3}$ tbsp	6 tbsp	7 $\frac{2}{3}$ tbsp	$\frac{1}{2}$ cup	10 $\frac{2}{3}$ tbsp	15 tbsp	1 cup	1 cup + 2 tbsp
2 tsp	5 $\frac{1}{4}$ tsp	3 $\frac{2}{3}$ tbsp	5 tbsp	7 tbsp	9 tbsp	10 $\frac{2}{3}$ tbsp	$\frac{3}{4}$ cup	1 cup + 1 $\frac{2}{3}$ tbsp	1 cup + 3 tbsp	1 $\frac{1}{3}$ cups

## A. GENERAL INFORMATION No. 16(1)

10 Portions	25 Portions	50 Portions	75 Portions	100 Portions	125 Portions	150 Portions	175 Portions	250 Portions	275 Portions	300 Portions
2 ¼ tsp	2 tbsp	4 tbsp	6 tbsp	½ cup	10 tbsp	¾ cup	14 tbsp	1 ¼ cups	1 cup + 6 tbsp	1 ½ cups
2 ½ tsp	2 tbsp	4 2/3 tbsp	7 tbsp	9 tbsp	11 tbsp	13 2/3 tbsp	1 cup	1 cup + 6 tbsp	1 ½ cups	1 ¾ cups
1 tbsp	2 2/3 tbsp	5 tbsp	7 2/3 tbsp	10 tbsp	¾ cup	1 cup	1 cup + 2 tbsp	1 ½ cups	1 ¾ cups	2 cups
3 ¼ tsp	3 tbsp	5 2/3 tbsp	8 tbsp	11 tbsp	14 tbsp	1 cup	1 cup + 3 tbsp	1 ¾ cups	2 cups	2 1/8 cups
3 ½ tsp	3 tbsp	6 tbsp	9 tbsp	¾ cup	1 cup	1 cup + 2 tbsp	1 ¼ cups	2 cups	2 cups + 2 tbsp	2 ¼ cups
3 ¾ tsp	3 tbsp	6 2/3 tbsp	10 tbsp	13 tbsp	1 cup	1 ¼ cups	1 ½ cups	2 cups	2 ¼ cups	2 ½ cups
1 1/3 tbsp	3 2/3 tbsp	7 tbsp	10 2/3 tbsp	14 tbsp	1 cup + 2 tbsp	1 1/3 cups	1 ½ cups	2 cups + 3 tbsp	2 1/3 cups	2 ½ cups
4 ½ tsp	3 ¾ tbsp	7 2/3 tbsp	11 tbsp	15 tbsp	1 ¼ cups	1 ½ cups	1 ¾ cups	2 1/3 cups	2 ¾ cups	2 7/8 cups
4 ¾ tsp	¼ cup	½ cup	¾ cup	1 cup	1 ¼ cups	1 ½ cups	1 ¾ cups	2 ½ cups	2 ¾ cups	3 cups
2 tbsp	5 tbsp	10 tbsp	1 cup	1 ¼ cups	1 ½ cups	2 cups	2 ¼ cups	3 cups	3 ½ cups	3 ¾ cups
7 tsp	6 tbsp	¾ cup	1 cup + 2 tbsp	1 ½ cups	2 cups	2 ¼ cups	2 ¾ cups	3 ¾ cups	1 qt	4 ½ cups

**CONVERSION OF QUANTITIES IN RECIPES****Measure Conversion Chart**

10 Portions	25 Portions	50 Portions	75 Portions	100 Portions	125 Portions	150 Portions	175 Portions	250 Portions	275 Portions	300 Portions
8 ¼ tsp	7 tbsp	14 tbsp	1 1/3 cups	1 ¾ cups	2 ¼ cups	2 ¾ cups	3 cups	4 ½ cups	4 ¾ cups	5 ¼ cups
9 ½ tsp	½ cup	1 cup	1 ½ cups	2 cups	2 ½ cups	3 cups	3 ½ cups	5 cups	5 ½ cups	1 ½ qt
10 ¾ tsp	½ cup + 1 tbsp	1 cup + 2 tbsp	1 ¾ cups	2 ¼ cups	2 ¾ cups	3 ½ cups	1 qt	5 ¾ cups	1 ½ qt	6 ¾ cups
¼ cup	10 tbsp	1 ¼ cups	2 cups	2 ½ cups	3 cups + 2 tbsp	3 ¾ cups	4 ½ cups	6 ¼ cups	1 ¾ qt	7 ½ cups
4 ¾ tbsp	¾ cup	1 ½ cups	2 ¼ cups	3 cups	3 ¾ cups	4 ½ cups	5 ¼ cups	7 ½ cups	8 ¼ cups	2 ¼ qt
5 2/3 tbsp	14 tbsp	1 ¾ cups	2 ½ cups	3 ½ cups	4 ½ cups	1 ¼ qt	1 ½ qt	2 ¼ qt	9 ¾ cups	10 ½ cups
6 ¼ tbsp	1 cup	2 cups	3 cups	1 qt	1 ¼ qt	1 ½ qt	1 ¾ qt	2 ½ qt	2 ¾ qt	3 qt
½ cup	1 ¼ cups	2 ½ cups	3 ¾ cups	1 ¼ qt	6 ¼ cups	7 ½ cups	8 ¾ cups	12 ½ cups	3 ½ qt	3 ¾ qt
9 ¾ tbsp	1 ½ cups	3 cups	4 ½ cups	1 ½ qt	7 ½ cups	2 ¼ qt	10 ½ cups	3 ¾ qt	1 gal	4 ½ qt
11 tbsp	1 ¾ cups	3 ½ cups	5 ¼ cups	7 cups	8 ¾ cups	10 ½ cups	3 qt	1 gal + 1 ½ cups	1 gal + 3 ¼ cups	5 ¼ qt
12 ¾ tbsp	2 cups	1 qt	1 ½ qt	2 qt	2 ¼ qt	3 qt	3 ½ qt	1 ¼ gal	5 ½ qt	1 ½ gal
1 ¼ cups	3 cups	1 ½ qt	2 ¼ qt	3 qt	3 ¾ qt	4 ½ qt	5 ¼ qt	7 ½ qt	2 gal	2 ¼ gal
1 ½ cups	1 qt	2 qt	3 qt	1 gal	1 ¼ gal	1 ½ gal	1 ¾ gal	2 ½ gal	2 ¾ gal	3 gal
3 cups	2 qt	1 gal	1 ½ gal	2 gal	2 ¼ gal	3 gal	3 ½ gal	5 gal	5 ½ gal	6 gal
4 ½ cups	3 qt	1 ½ gal	2 ¼ gal	3 gal	3 ¾ gal	4 ½ gal	5 ¼ gal	7 ¼ gal	8 gal	9 gal
1 ½ qt	1 gal	2 gal	3 gal	4 gal	5 gal	6 gal	7 gal	10 gal	11 gal	12 gal
7 ½ cups	1 ¼ gal	2 ½ gal	3 ¾ gal	5 gal	6 ¼ gal	7 ½ gal	8 ¾ gal	12 ½ gal	13 ¾ gal	15 gal