

常用符号	容积换算	温度换算
g = gram = 克	1 tsp = 5 ml	200 °F = 93 °C
kg = kilogram = 千克 = 1000 克	1 Tbsp = 20 ml = 2/3 fl oz	250 °F = 121 °C
ml = milliliter = 毫升	1 cup = 250 ml = 8 fl oz	300 °F = 149 °C
L = liter = 升 = 1000 毫升	1/4 cup = 60 ml = 2 fl oz	325 °F = 163 °C
tsp = teaspoon = 茶匙	1/3 cup = 80 ml = 2 3/4 fl oz	350 °F = 177 °C
Tbsp = tablespoon = 汤匙	1/2 cup = 125 ml = 4 fl oz	375 °F = 191 °C
pkt = packet = 包	4 cups = 1 L = 32 fl oz	400 °F = 204 °C
cup = 杯	1 L = 1000 ml	425 °F = 218 °C
pint = 品脱	1 pint = 2 cups	450 °F = 232 °C
quart = 夸脱	1 quart = 2 pints	475 °F = 246 °C
gallon = 加仑	1 gallon = 4 quarts	500 °F = 260 °C
ounce = 盎司 (oz)	重量换算	日常材料换算
fluid ounce = fl oz	1 oz = 28.5 g	色拉油 1 cup = 227 g
inch = 英寸	1 lb = 16 oz = 454 g	糖 1 cup = 200 g
mm = 毫米	1 kg = 1000 g	面粉 1 cup = 120 g
cm = 厘米, 公分	长度换算	牛奶 1 cup = 227 g
°C = 摄氏度	1 inch = 2.54 cm = 25.4 mm	蛋 (1 个) 70 g 带壳
°F = 华氏度	1 cm = 0.4 inch	50 g 不带壳