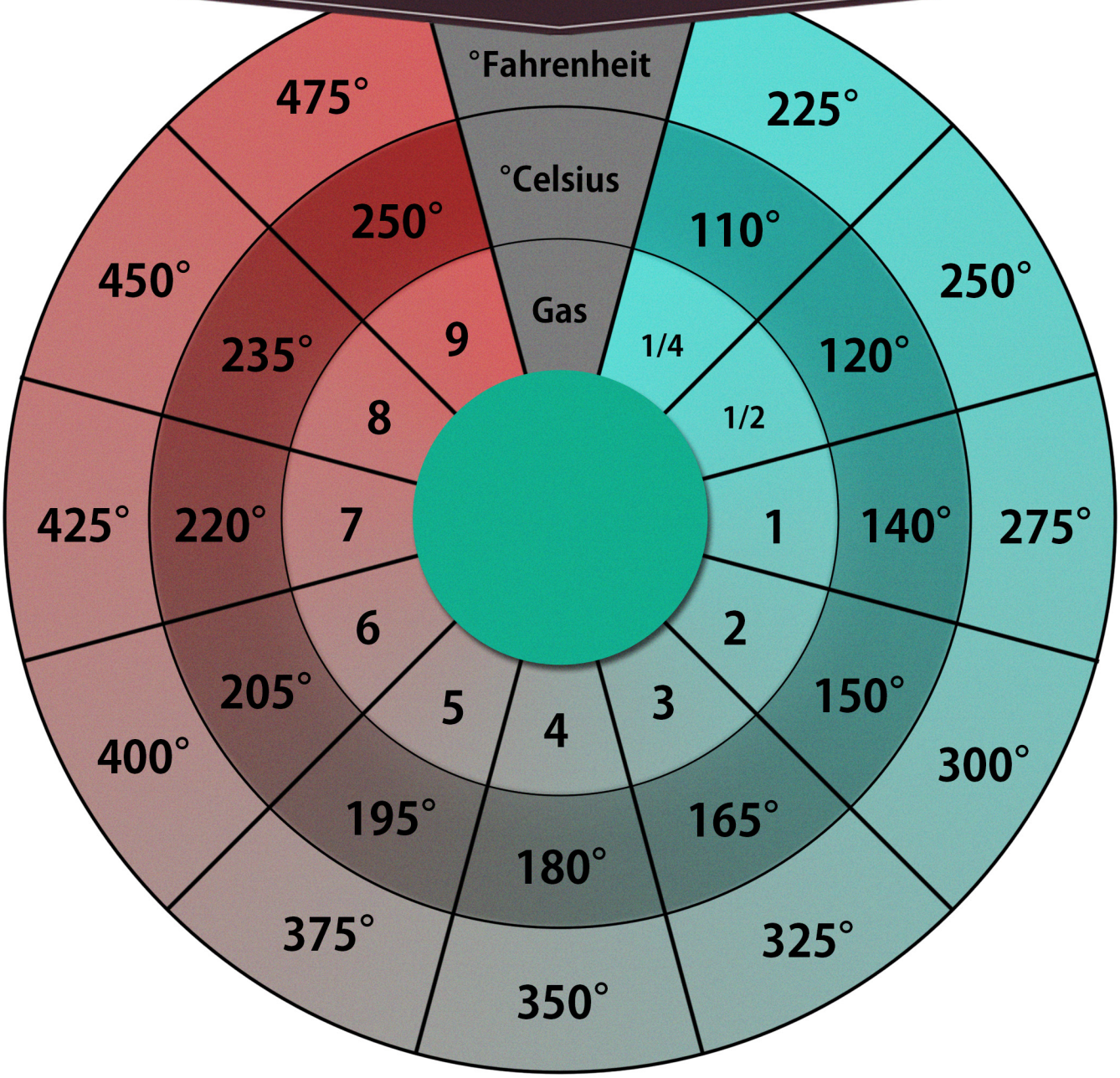
# SIMPLY DELICIOUS

## Conversion Chart



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*Conversion Chart*

## Cups

1 cup = 250ml

3/4 cup = 185ml

1/2 cup = 125ml

1/3 cup = 80 ml

1/4 cup = 60ml

## Spoons

1 teaspoon = 5ml
1 Tablespoon = 15ml
3 teaspoons = 1 tablespoon

## Weight measurements

1/2 oz = 15g
3/4 oz = 20g
1 oz = 30g
2 oz = 60g
3 oz = 90g
4 oz = 110g
5 oz = 140g
6 oz = 170g
7 oz = 200g
8 oz = 230g
1 lb = 450g
2 lb = 900g
3 lb = 1,35kg

## Liquid Measurements

30ml - 1 fl oz - 1/8 cup
60ml - 2 fl oz - 1/2 cup
80 ml - 2 3/4 fl oz - 1/3 cup
125ml - 4 fl oz - 1/2 cup
185m - 6 fl oz - 3/4 cup
250ml - 8 fl oz - 1 cup
375ml - 12 fl oz - 1 1/2 cups
500ml - 16 fl oz - 2 cups
750ml - 24 fl oz - 3 cups
1 litre - 32 fl oz - 4 cups

## Cup measures of ingredients

1 cup butter = 220g / 7 oz
1 cup fresh breadcrumbs = 50g / 3.5 oz
1 cup brown sugar = 200g / 6.5 oz
1 cup white sugar = 225g / 7 oz
1 cup caster sugar = 200g / 6.5 oz
1 cup icing sugar = 125g / 4 oz
1 cup rice, raw = 220g / 7 oz
1 cup couscous, raw = 180g / 6 oz
1 cup polenta, raw = 180g / 6 oz
1 cup parmesan cheese, finely grated = 100g / 3.5oz
1 cup flour = 125g / 4.5 oz

## Ingredients

Aubergine = Eggplant/Brinjal
Biscuits = Cookies
Cake flour/Flour = All purpose flour
Caster sugar = Super fine sugar
Icing sugar = Confectioner's sugar
Courgette = Zucchini/Baby marrow
Coriander = Cilantro
Rocket = Arugula
Prawn = Jumbo shrimp/Shrimp
Canola oil = Rapeseed oil
Spring onion = Green onion/Scallion
Chickpeas = Garbanzo beans