

Italian to U.S. Measurements Conversion Guide

A clear, U.S.-accurate reference for converting Italian recipe measurements (grams, milliliters, and Celsius) into U.S. cups, spoons, ounces, and Fahrenheit - with the most common baking conversions included.

1) U.S. Measuring Basics (so nothing gets mixed up)

These are standard U.S. kitchen measures:

1 U.S. cup = 240 ml

1 tablespoon (Tbsp) = 15 ml

1 teaspoon (tsp) = 5 ml

3 tsp = 1 Tbsp

Quick memory trick: **240 - 15 - 5.**

2) Liquid Conversions (ml to cups/spoons)

Metric	U.S. Equivalent
5 ml	1 tsp
15 ml	1 Tbsp
30 ml	2 Tbsp (about 1 fl oz)
60 ml	1/4 cup
80 ml	1/3 cup
120 ml	1/2 cup
180 ml	3/4 cup
240 ml	1 cup
500 ml	2 cups + 2 Tbsp (approx.)
1 liter	4 cups + 3 Tbsp (approx.)

3) Weight Conversions (grams to ounces/pounds)

Metric	U.S. Equivalent
28 g	1 oz
100 g	3.5 oz
250 g	8.8 oz
454 g	1 lb
500 g	1.1 lb
1 kg	2.2 lb

Tip: Weight is always the most accurate way to bake. Cups are convenient, but they can vary based on how ingredients are scooped or packed.

4) The Big Four Baking Conversions (most used + most confusing)

These are reliable U.S. standards used to keep results consistent:

All-Purpose Flour

1 cup = 120 g (spoon-and-level method)

Grams	Cups
60 g	1/2 cup
120 g	1 cup
180 g	1 1/2 cups
240 g	2 cups
300 g	2 1/2 cups

Note: Packing flour into a cup can add extra flour. If a dough looks too dry or too sticky, small adjustments are normal.

Granulated Sugar (White Sugar)

1 cup = 200 g

Grams	Cups
50 g	1/4 cup
100 g	1/2 cup
150 g	3/4 cup
200 g	1 cup

Powdered Sugar (Confectioners' Sugar)

1 cup = 120 g

Grams	Cups
30 g	1/4 cup
60 g	1/2 cup
120 g	1 cup
240 g	2 cups

Sifting can change volume slightly; grams are the safest choice when available.

Butter (U.S. sticks made easy)

1 stick = 1/2 cup = 113 g | 2 sticks = 1 cup = 227 g

Grams	U.S. Equivalent
15 g	1 Tbsp
30 g	2 Tbsp
57 g	1/4 cup
113 g	1/2 cup (1 stick)
227 g	1 cup (2 sticks)

5) Eggs, Yeast, Salt, and the 'Spoon' Trap

Eggs (for consistent baking)

To match most Italian recipes using U.S. ingredients:

1 large egg (without shell) ≈ 50 g

1 egg white ≈ 30 g

1 egg yolk ≈ 18 g

Yeast (fresh Italian yeast to U.S. dry yeast)

Many Italian recipes use fresh yeast, while U.S. kitchens often use instant or active dry yeast.

Fresh yeast to instant yeast: divide by 3

Fresh yeast to active dry yeast: divide by 2.5

Example: 15 g fresh yeast ≈ 5 g instant (about 1 1/2 tsp) or ≈ 6 g active dry (about 2 tsp).

U.S. yeast packet: **7 g = 2 1/4 tsp**.

Salt (why it matters)

1 tsp fine salt ≈ 6 g. Kosher salt varies by brand, so grams are the most reliable option for bread and pizza dough.

Italian 'cucchiaino' & 'cucchiaino' (the classic trap)

In U.S. recipes, spoon sizes are exact: **1 tsp = 5 ml** and **1 Tbsp = 15 ml**.

In Italian cooking, a 'spoonful' is sometimes heaping. When a recipe specifies spoons, assume **level measuring spoons** unless it clearly says 'heaping'.

6) Oven Temperatures (Celsius to Fahrenheit)

Celsius (°C)	Fahrenheit (°F)
160°C	320°F
170°C	338°F
180°C	356°F
190°C	374°F
200°C	392°F
220°C	428°F

Quick formula: °F = (°C × 9/5) + 32

Quick Cheat Sheet

- 1 cup = 240 ml
- 1 Tbsp = 15 ml
- 1 tsp = 5 ml
- Flour: 1 cup = 120 g
- Sugar: 1 cup = 200 g

- Powdered sugar: 1 cup = 120 g
- Butter: 1 stick = 113 g
- 180°C = 356°F
- 1 oz = 28 g
- 1 lb = 454 g