

# CHICKSLOVEFOOD OMREKENTABEL



Fahrenheit naar graden	Cups naar milliliter	Ounce (oz) naar milliliter	Ounce (oz) naar gram	Teaspoon/tablespoon naar milliliter
275F: 140 graden	1/4 cup: 60 ml	1 oz: 30 ml	1 oz: 28 gram	1 tsp: 5 ml
300F: 150 graden	1/3 cup: 80 ml	5 oz: 150 ml	10 oz: 283 gram	1 tbsp: 15 ml
325F: 165 graden	1/2 cup: 120 ml	10 oz: 300 ml	20 oz: 567 gram	
350F: 180 graden	2/3 cup: 155 ml	15 oz: 450 ml	40 oz: 1134 gram	
375F: 190 graden	3/4 cup: 175 ml	20 oz: 600 ml		
400F: 200 graden	1 cup: 240 ml	25 oz: 750 ml		
425F: 220 graden				

	<u>1 cup</u>	<u>3/4 cup</u>	<u>2/3 cup</u>	<u>1/2 cup</u>	<u>1/3 cup</u>	<u>1/4 cup</u>
Tarwebloem	130 gram	100 gram	85 gram	65 gram	45 gram	35 gram
Zelfrijzend bakmeel	125 gram	95 gram	85 gram	65 gram	40 gram	30 gram
Amandelmeel	120 gram	90 gram	80 gram	60 gram	40 gram	30 gram
Boekweitmeel	150 gram	110 gram	100 gram	75 gram	50 gram	35 gram
Speltmeel	120 gram	90 gram	80 gram	60 gram	40 gram	30 gram
Havermout	100 gram	75 gram	65 gram	50 gram	35 gram	25 gram
Boter	225 gram	170 gram	150 gram	110 gram	75 gram	55 gram
Kristalsuiker	200 gram	150 gram	135 gram	100 gram	65 gram	50 gram
Cacao poeder	120 gram	90 gram	80 gram	60 gram	40 gram	30 gram
Honing	340 gram	255 gram	227 gram	170 gram	113 gram	85 gram
Dadels	128 gram	95 gram	85 gram	65 gram	45 gram	30 gram
Zilvervlies rijst	190 gram	145 gram	125 gram	95 gram	65 gram	50 gram
Quinoa	200 gram	150 gram	135 gram	100 gram	65 gram	50 gram
Couscous	170 gram	130 gram	115 gram	85 gram	55 gram	40 gram