

WEIGHT CONVERSIONS

IMPERIAL

METRIC

1 oz

28 g

4 oz - 1/4 lb

113 g

1/3 lb

150 g

8 oz - 1/2 lb

230 g

2/3 lb

300 g

12 oz - 3/4 lb

340 ml

1 lb

450 ml

ONE TBS FRESH HERBS - ONE TSP DRIED