

Wheelie Good Meals Measurement and Weight Guide

Here is a Wheelie Good Meals Guide to Temperatures and Measurements all measurements should be double checked for accuracy if you something important !

Oven Temperatures

Along with the Australians, we British use the metric measurements and our ovens are measured in Celsius

°C	Fan°C	°F	Gas	Description
110	90	225	¼	Very cool
120	100	250	½	Very cool
140	120	275	1	Cool
150	130	300	2	Cool
160	140	325	3	Warm
180	160	350	4	Moderate
190	170	375	5	Moderately hot
200	180	400	6	Fairly hot
220	200	425	7	Hot

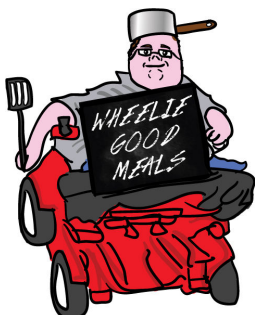
Weights

Metric	Imperial	US Cups
60ml	2fl oz	¼ cup
125ml	4fl oz	½ cup
175ml	6fl oz	¾ cup
250ml	8fl oz	1 cup
300ml	10fl oz/½ pint	1¼ cups
450ml	15fl oz	2 cups/
600ml	1 pint	2½ cups
1 litre	1¾ pints	4.2 cups



If like me you watch American cooking programmes you'll know they use a stick of butter – what is that you ask?

1 Stick of butter = 115 grams



Confused about Teaspoons and Tablespoons, worry not!

- 1 x Teaspoon (Tsp) = 5ml
- 1 x Desert Spoon (Dsp) = 10ml
- 1 x Tablespoon (Tbs) = 15ml