

van cup
naar gram



Amerikaanse maten omreken tabel

	1 CUP	3/4 CUP	2/3 CUP	1/2 CUP	1/3 CUP	1/4 CUP
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
SPELTMEEL	120 gram	90 gram	80 gram	60 gram	40 gram	30 gram
MAISMEEL	160 gram	120 gram	100 gram	80 gram	50 gram	40 gram
AMANDELMEEL	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
RIJST (ONGEKOOKT)	190 gram	140 gram	125 gram	95 gram	65 gram	48 gram
COUSCOUS	180 gram	135 gram	120 gram	90 gram	60 gram	45 gram
QUINOA	200 gram	150 gram	135 gram	100 gram	65 gram	50 gram
PASTA (ONGEKOOKT)	140 gram	100 gram	90 gram	70 gram	45 gram	35 gram
MARGARINE	240 gram	180 gram	160 gram	120 gram	80 gram	60 gram
DADELS	128 gram	95 gram	85 gram	65 gram	45 gram	30 gram
BANAAN (GEPRAKT)	260 gram	195 gram	173 gram	130 gram	87 gram	65 gram
KRISTALSUIKER	200 gram	150 gram	130 gram	100 gram	65 gram	50 gram
CACAO POEDER	120 gram	90 gram	80 gram	60 gram	40 gram	30 gram
ZOUT	300 gram	230 gram	200 gram	150 gram	100 gram	75 gram
GROENTE EN/OF FRUIT (GESNEDEN)	150 gram	110 gram	100 gram	75 gram	50 gram	40 gram
NOTEN (GEHAKT)	150 gram	110 gram	100 gram	75 gram	50 gram	40 gram

van cup
naar milliliter

1 CUP	240 ml
3/4 CUP	180 ml
2/3 CUP	160 ml
1/2 CUP	120 ml
1/3 CUP	80 ml
1/4 CUP	60 ml

van ounce (oz)
naar gram

0,5 OZ	15 gram
1 OZ	28 gram
2 OZ	55 gram
4 OZ	115 gram
8 OZ	225 gram
12 OZ	340 gram

van ounce (oz)
naar milliliter

0,5 OZ	15 ml
1 OZ	30 ml
5 OZ	150 ml
10 OZ	295 ml
15 OZ	445 ml
20 OZ	600 ml

van Fahrenheit
naar C°

200F	100 C°
250F	120 C°
300F	150 C°
350F	180 C°
400F	200 C°
425 F	220 C°

- 1/4 cup = 4 tablespoons (tbsp) en 1/3 cup = 5 tablespoons (tbsp)



- 1 tablespoon (tbsp) = 3 teaspoons (tsp)