

Vegan Conversion Chart

Volume, weight, and temperature at a glance



VeganPreps

About This Chart

Print this page and keep it in your kitchen. It covers the volume, weight, and temperature conversions that come up most often in vegan cooking. The weight section includes common plant-based ingredients like tofu blocks, tempeh, and dry legumes.

How to Use It

- Stick it on the inside of a cabinet door for quick reference
- Use the volume table when converting between cups and metric
- Use the weight table when a recipe lists grams instead of cups
- Use the temperature table when switching between Fahrenheit and Celsius

For hundreds of vegan recipes to use these conversions with, visit veganpreps.com.

Volume Conversions

Common cup-to-metric conversions for vegan cooking ingredients.

MEASUREMENT	METRIC	ALSO EQUALS
1 cup	240 ml	16 tbsp
1 tbsp	15 ml	3 tsp
1 cup flour	120 g	4.2 oz
1 cup sugar	200 g	7 oz
1 cup oats	90 g	3.2 oz
1 cup rice (uncooked)	185 g	6.5 oz
1 cup coconut milk	240 ml	8 fl oz
1 cup peanut butter	256 g	9 oz
1 cup lentils (dry)	190 g	6.7 oz
1 cup chickpeas (cooked)	164 g	5.8 oz

Weight Conversions

Imperial to metric, plus common plant-based package sizes.

IMPERIAL	METRIC
1 oz	28 g
4 oz	113 g
8 oz	227 g
1 lb	454 g
Tofu block (standard)	14 oz / 400 g

IMPERIAL	METRIC
Tempeh block (standard)	8 oz / 227 g
1 cup cooked beans	~170 g / 6 oz
1 tbsp chia seeds	~12 g

Oven Temperature

Fahrenheit to Celsius with common uses.

FAHRENHEIT	CELSIUS	COMMON USE
325 F	165 C	Low baking (custards, cheesecake)
350 F	175 C	Standard baking (cakes, muffins)
375 F	190 C	Cookies, biscuits
400 F	200 C	Roasting vegetables
425 F	220 C	Crispy tofu, high-heat roasting
450 F	230 C	Pizza, bread, flatbread

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