Jauhojen, sokereidenja muiden leivonta-aineiden tilavuudet ja painot

|  |  |  |
| --- | --- | --- |
| **MUUNTOTAULUKKO** | | |
| 1 dl 🡺 | 100 ml 🡺 | 7 rkl 🡺 |
| 1 rkl 🡺 | 15 ml 🡺 | 3 tl |
| 1 tl 🡺 | 5 ml 🡺 | 5 maustemittaa |
| 1 maustemitta 🡺  maustemitta.jpg | 1 ml 🡺 | 1/5 tl |

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|  |  |
| --- | --- |
| **VANHAT MITTAYKSIKÖT** | |
| 1 lasi 🡺 | Noin 2 dl |
| 1 kahvikuppi (kkp) 🡺 | Noin 1 ½ dl |
| 1 tusina 🡺 | 12 kappaletta |
| 1 krossi 🡺 | 12 tusinaa |
| 1 tiu 🡺 | 20 kappaletta |

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|  |  |  |
| --- | --- | --- |
| **JAUHOT** | **1 dl** | **1 rkl** |
| Grahamjauhot | 65 g | 9 g |
| Kauraryynit | 35 g | 5 g |
| Maizena-suuruste | 55 g | 8 g |
| Ohrajauhot | 55 g | 8 g |
| Perunajauhot | 85 g | 12 g |
| Ruisjauhot, hienot | 50 g | 7 g |
| Ruisjauhot, karkeat | 55 g | 8 g |
| Soijajauhot | 65 g | 9 g |
| Spelttijauhot | 65 g | 9 g |
| Tattarijauhot | 50 g | 7 g |
| Vehnäjauhot | 65 g | 9 g |
| Vehnäleseet | 35 g | 5 g |
| Vehnäalkiot | 35 g | 5 g |
| Vehnä- ja ruisrouhe | 70 g | 10 g |

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| --- | --- | --- |
| **SOKERIT** | **1 dl** | **1 rkl** |
| Fariinisokeri | 75 g | 11 g |
| Hillosokeri | 100 g | 14 g |
| Hunaja | 140 g | 20 g |
| Muscovadosokeri  muscovadosokeri.jpg | 100 g | 14 g |
| Raakasokeri | 85 g | 12 g |
| Raesokeri | 65 g | 9 g |
| Siirappi | 140 g | 20 g |
| Sokeri | 90 g | 13 g |
| Tomusokeri | 65 g | 9 g |
| Vaniljasokeri | 65 g | 9 g |

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|  |  |  |
| --- | --- | --- |
| **SEKALAISET** | **1 dl** | **1 rkl** |
| Kaakaojauhe | 40 g | 6 g |
| Kaneli | 40 g | 6 g |
| Kookoshiutaleet | 35 g | 5 g |
| Kuivahiiva | 70 g | 10 g |
| Kurpitsansiemenet | 75 g | 11 g |
| Leivinjauhe | 100 g | 14 g |
| Maito | 105 g | 15 g |
| Mantelit | 65 g | 9 g |
| Pellavansiemenet | 70 g | 10 g |
| Rusinat | 65 g | 9 g |
| Seesaminsiemenet | 70 g | 10 g |
| Sormisuola | 85 g | 12 g |
| Suola | 125 g | 18 g |
| Vesi | 105 g | 15 g |
| Vispikerma | 105 g | 15 g |
| Voi, kiinteä | 100 g | 14 g |
| Voi, sulatettu | 90 g | 13 g |
| Öljy | 90 g | 13 g |

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| --- | --- | --- |
| **BRITTILÄISET JA AMERIKKALAISET** | | |
| **PAINO (brittiläiset ja amerikkalaiset)** | | |
| 1 pound (lb) pauna 🡺 | 16 oz 🡺 | 453.6 g |
| 1 ounce ( oz) unssi 🡺 | Xxxxxxxxxxxxxxxxxx | 28.35 g |
| 3 ½ ounces 🡺 | xxxxxxxxxxxxxxxxx | Noin 100 g |
| **TILAVUUS ( amerikkalaiset)** | | |
| 1 gallon ( gal) gallona 🡺 | xxxxxxxxxxxxxxxxxxxxx | 3.8 litraa |
| 1 liquid quart, neljännesgallona 🡺 | xxxxxxxxxxxxxxxxxxx | 9.5 dl |
| 1 liquid pint 🡺 | xxxxxxxxxxxxxxxxxxxxx | 4.7 dl |
| 1 cup, kuppi 🡺 | xxxxxxxxxxxxxxxxxxxx | 2.4 dl |
| 1 fluid ounce 🡺 | xxxxxxxxxxxxxxxxxxxxxx | 29.6 ml |
| 1 tablespoon (tbsp) ruokalusikka 🡺 | xxxxxxxxxxxxxxxxxx | 15 ml |
| 1 teaspoon (tsp) teelusikka 🡺 | xxxxxxxxxxxxxxxxxxxxxx | 5 ml |
| **TILAVUUS ( brittiläiset)** | | |
| 1 gallon ( gal) gallona 🡺 | xxxxxxxxxxxxxxxxxxxxx | 4.55 litraa |
| 1 pint, pintti 🡺 | 2 cups | 5.68 dl |
| 1 fluid ounce (fl oz) 🡺 | xxxxxxxxxxxxxxxxxxxxx | 28.4 ml |
| 1 cup ( c) 🡺 | 10 fl oz 🡺 | 2.84 dl |