



Cooking Measurement Conversions

QUICK ALTERNATIVES

1 tablespoon (tbsp)	3 teaspoons (tsp)
1/16 cup	1 tablespoon
1/8 cup	2 tablespoons
1/6 cup	2 tablespoons + 2 teaspoons
1/4 cup	4 tablespoons
1/3 cup	5 tablespoons + 1 teaspoon
3/8 cup	6 tablespoons
1/2 cup	8 tablespoons
2/3 cup	10 tablespoons + 2 teaspoons
3/4 cup	12 tablespoons
1 cup	48 teaspoons
1 cup	16 tablespoons
8 fluid ounces (fl oz)	1 cup
1 pint (pt)	2 cups
1 quart (qt)	2 pints
4 cups	1 quart
1 gallon (gal)	4 quarts
16 ounces (oz)	1 pound (lb)
1 milliliter (ml)	1 cubic centimeter (cc)
1 inch (in)	2.54 centimeters (cm)

CAPACITY (U.S to Metric)

1/5 teaspoon	1 milliliter
1 teaspoon	5 ml
1 tablespoon	15 ml
1 fluid oz	30 ml
1/5 cup	47 ml
1 cup	237 ml
2 cups (1 pint)	473 ml
4 cups (1 quart)	.95 liter
4 quarts (1 gal.)	3.8 liters

WEIGHT (U.S to Metric)

1 oz	28 grams
1 pound	454 grams

CAPACITY (Metric to U.S.)

1 milliliter	1/5 teaspoon
5 ml	1 teaspoon
15 ml	1 tablespoon
100 ml	3.4 fluid oz
240 ml	1 cup
1 liter	34 fluid oz
	4.2 cups
	2.1 pints
	1.06 quarts
	0.26 gallon

WEIGHT (Metric to U.S.)

1 gram	0.035 ounce
100 grams	3.5 ounces
500 grams	1.1 pounds
1 kilogram	2.205 pounds
	35 ounces