



KITCHEN MEASUREMENT CONVERSION CHART



VOLUME

1 teaspoon (tsp) = 5
milliliters (ml)

1 tablespoon (tbsp) = 3
teaspoons = 15 ml

$\frac{1}{4}$ cup = 4 tablespoons = 60 ml

$\frac{1}{3}$ cup = 5 tablespoons + 1
teaspoon = 80 ml

$\frac{1}{3}$ cup = 8 tablespoons = 120 ml

$\frac{2}{3}$ cup = 10 tablespoons + 2
teaspoons = 160 ml

$\frac{3}{4}$ cup = 12 tablespoons = 180 ml

1 cup = 16 tablespoons = 240 ml



METRIC (approximate)

1 cup all-purpose flour = 120 g

8 fl oz = 1 cup = 240 ml

16 fl oz = 1 pint = 480 ml

32 fl oz = 1 quart = 960 ml



METRIC = 3,4 fl oz

250 ml = 1 cup

500 ml = 1 pint



CUPS TO PINTS, QUARTS, AND GALLONS

1 pint = 2 cups = 480 ml

1 quart = 2 pints = 4 cups
= 960 ml

1 gallon = 4 quarts = 8 pints
= 16 cups = 3,8 liters



OUNCES and MILLILITERS

1 cup all-purpose flour = 120 g

1 cup sugar = 200 g

1 cup brown sugar (packed) =
220 g

1 cup butter = 225 g
(or 2 sticks = 16 tbsp)

1 cup milk = 240 ml

1 cup water = 240 ml



METRIC TO IMPERIAL QUICK REFERENCE

100 ml = 3,4 fl oz

250 ml = 1 cup

500 ml = 1 pint