

Cooking Conversion Chart

| Amount | Equals | |
|--------------|------------------------------|---------------------------|
| 1 teaspoon | 5 milliliters (ml) | |
| 1 tablespoon | 3 teaspoons | 1/2 fluid ounce (fl. oz.) |
| 1/8 cup | 2 tablespoons | 1 fl. oz. |
| 1/4 cup | 4 tablespoons | 2 fl. oz. |
| 1/3 cup | 5 tablespoons & 1 teaspoon | 2 3/4 fl. oz. |
| 1/2 cup | 8 tablespoons | 4 fl. oz. |
| 2/3 cup | 10 tablespoons & 2 teaspoons | |
| 3/4 cup | 12 tablespoons | 6 fl. oz. |
| 1 cup | 16 tablespoons | 8 fl. oz. |
| 1 pint | 2 cups | 16 fl. oz. |
| 1 quart | 4 cups | 2 pints |
| 1 liter | 34 fl. oz. | |
| 1 gallon | 16 cups | 4 quarts |
| 1 fl. oz. | 28 grams | 30 ml |
| 1 pound | 454 grams | |
| | | |
| | | |
| | | |
| | | |