

KITCHEN SMART MEASUREMENT CONVERSION CHART

MEASURE CONVERSIONS



Cups



Tablespoons



Teaspoons



Ounces



Milliliters

1 cup	16 tbsp.	48 tsp.	8 oz.	240 ml
3/4 cup	12 tbsp.	36 tsp.	6 oz.	180 ml
2/3 cup	10 2/3 tbsp.	32 tsp.	5 1/3 oz.	160 ml
1/2 cup	8 tbsp.	24 tsp.	4 oz.	120 ml
1/3 cup	5 1/3 tbsp.	16 tsp.	2 2/3 oz.	80 ml
1/4 cup	4 tbsp.	12 tsp.	2 oz.	60 ml
1/8 cup	2 tbsp.	6 tsp.	1 oz.	30 ml
1/16 cup	1 tbsp.	3 tsp.	1/2 oz.	15 ml