

KITCHEN SMART MEASUREMENT CONVERSION CHART

IMPERIAL | METRIC



Liquid Fluid or Volume

1/8 teaspoon = 0.5 mL

1/4 teaspoon = 1.2 mL

1/2 teaspoon = 2.5 mL

3/4 teaspoon = 3.7 mL

1 teaspoon = 1/3 tablespoon = 5 mL

1 tablespoon = 1/2 fluid ounce = 3 teaspoons = 15 mL

1/8 cup = 1 fluid ounce = 2 tablespoons = 6 teaspoons = 30 mL

1/4 cup = 2 fluid ounces = 4 tablespoons = 59 mL

1/3 cup = 2 2/3 fluid ounces = 5 tablespoons + 1 teaspoon = 79 mL

1/2 cup = 4 fluid ounces = 8 tablespoons = 118 mL

2/3 cup = 5 1/3 fluid ounces = 10 tablespoons + 2 teaspoons = 158 mL

3/4 cup = 6 fluid ounces = 12 tablespoons = 177 mL

1 cup = 8 fluid ounces = 1/2 pint = 16 tablespoons = 237 mL

1 1/2 cups = 12 fluid ounces = 24 tablespoons = 355 mL

2 cups = 16 fluid ounces = 1 pint = 32 tablespoons = 474 mL

3 cups = 24 fluid ounces = 1.5 pints = 38 tablespoons = 700 mL

4 cups = 32 fluid ounces = 1 quart = 54 tablespoons = 946 mL = 1 L

8 cups = 64 fluid ounces = 1/2 gallon = 108 tablespoons = 1,892 mL = 2 L

1 gallon = 128 fluid ounces = 8 pints = 4 quarts = 216 tablespoons = 3,785 mL = 4 L



Dry Weight Conversions

1/8 ounce = 3.75 grams

1/4 ounce = 7.5 grams

1/2 ounce = 15 grams

1 ounce = 30 grams

2 ounces = 60 grams

3 ounces = 85 grams

4 ounces = 1/4 pound = 115 grams

8 ounces = 1/2 pound = 225 grams

12 ounces = 3/4 pound = 340 grams

16 ounces = 1 pound = 455 grams



General Baking Conversions

3 teaspoons = 1 tbsp

1/8 cup = 2 tbsp

1/4 cup = 4 tbsp

1/3 cup = 5 1/3 tbsp

1/2 cup = 8 tbsp = 1 stick butter

3/4 cup = 12 tbsp

1 cup = 16 tbsp

2 cups = 32 tbsp

4 cups = 64 tbsp