



Cooking Conversion Chart



measuring liquid & dry ingredients

Cups	Tablespoons	Teaspoons	Milliliters	
1/48 cup	1/3 tbsp	1 tsp	5 ml	
1/24 cup	1 tbsp	3 tsp	15 ml	
1/8 cup	2 tbsp	6 tsp	30 ml	
1/4 cup	4 tbsp	12 tsp	60 ml	
1/3 cup	5 1/3 tbsp	6 tsp	80 ml	
1/2 cup	8 tbsp	24 tsp	120 ml	
2/3 cup	10 2/3 tbsp	32 tsp	160 ml	
3/4 cup	12 tbsp	36 tsp	180 ml	
1 cup	24 tbsp	72 tsp	8 oz	180 ml

350°F = 180°C | 4 tbsp in 1/4 cup | 3 tsp in 1 tbsp

1 Gallon =	1 Quart =	1 Pint =	1 Cup =	1/4 Cup =	1 Tbsp =
4 quarts	2 pints	2 cups	16 tbsp	4 tbsp	3 tsp
8 pints	4 cups	16 ounces	8 ounces	12 tsp	1/4 cup
16 cups	32 ounces	480 ml	240 ml	2 ounces	1/2 ounce

common conversions

butter: 1 cup = 1 stick = 8 oz = 230 g

white flour: 1 cup = 4.5 oz = 120 g

almond flour: 1 cup = 3.9 oz = 112 g

white sugar: 1 cup = 7.1 oz = 200 g

brown sugar: 1 cup = 7.8 oz = 220 g

powdered sugar: 1 cup = 4.1 oz = 115 g

oatmeal (rolled): 1 cup = 3 oz = 85 g

yogurt: 1 cup = 8 oz = 227 g = 236 mL

milk: 1 cup = 8 fl oz = 240 g = 236 mL

juice: 1 cup = 8 fl oz = 237 g = 236 mL

c = cup gal = gallon g = gram kg = kilogram ml = milliliter L = liter tsp = teaspoon
tbsp = tablespoon oz = ounce lb = pound fl oz = fluid ounces pt = pint qt = quart