



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	15 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
	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