

# Common Measurements

Dash = less than 1/8 teaspoon

3 tsp. = 1 tbsp.

1 cup = 1/2 pint

2 cups = 1 pint

2 pints (4 cups) = 1 quart

4 quarts = 1 gallon (liquid)

16 oz. = 1 pound

4 tbsp. = 1/4 cup

5 tbsp. + 1 tsp. = 1/3 cup

8 tbsp. = 1/2 cup

10 tbsp. + 2 tsp. = 2/3 cup

12 tbsp. = 3/4 cup

14 tbsp. = 7/8 cup

16 tbsp. = 1 cup

# Metric Measurements

1 teaspoon = 5 ml

1 tablespoon = 15 ml

1/4 cup = 60 ml

1/3 cup = 80 ml

1/2 cup = 120 ml

2/3 cup = 160 ml

3/4 cup = 180 ml

1 cup = 240 ml

1 quart = (4 cups) 1 liter

1 gallon = 4 quarts

1/2 ounce = 15 g

1 ounce = 30 g

3 ounces = 85 g

4 ounces = 115 g

8 ounces = 225 g

12 ounces = 340 g

16 ounces = 455g (1 lb.)

2 pounds = 1 kg



**XOXO**

ShaVonne