

Measuring Math and Cooking Equivalents

US Dry Volume Measurements

Measure	Equivalent
1/16 teaspoon	dash
1/8 teaspoon	a pinch
3 teaspoons	1 tablespoon
1/8 cup	2 tablespoons (= 1 standard coffee scoop)
1/4 cup	4 tablespoons
1/3 cup	5 tablespoons plus 1 teaspoon
1/2 cup	8 tablespoons
3/4 cup	12 tablespoons
1 cup	16 tablespoons
1 pound	16 ounces

US Liquid Volume Measurements

Measure	Equivalent
8 fluid ounces	1 cup
1 pint	2 cups (= 16 fluid ounces)
1 quart	2 pints (= 4 cups)
1 gallon	4 quarts (= 16 cups)

A Few Useful US-Metric Conversions

Measure	Equivalent
1 teaspoon	5 milliliter
1 fluid ounce	30 milliliter
1 cup	240 milliliter
1 quart or 4 cups	0.95 liter
1 ounce	28 grams
1 pound	454 grams
3.4 fluid ounces	100 ml
3.5 ounces	100 grams
1.10 pounds	500 grams
2.2 pounds	1 kilogram

In Other Words:

3 teaspoons = 1 tablespoon = 1/2 fluid ounce = 1/16 cup

1 ounce = 1/8 cup

4 cups = 1 quart = 1/4 gallon

1 liter = 34 fluid ounces = 4.2 cups = 2.1 pints = 1.06 quarts = 0.26 gallons

1 kilogram = 2.2 pounds = 35 ounces

