



KITCHEN MEASUREMENTS

CUP = OUNCES = TABLESPOON = TEASPOON = MILLILITER

1 CUP	8 OUNCES	16 TABLESPOONS	48 TEASPOONS	237 MILLILITERS
-------	----------	----------------	--------------	-----------------

3/4 CUP	6 OUNCES	12 TABLESPOONS	36 TEASPOONS	177 MILLILITERS
---------	----------	----------------	--------------	-----------------

2/3 CUP	5 1/3 OUNCES	10.6 TABLESPOONS	32 TEASPOONS	158 MILLILITERS
---------	--------------	------------------	--------------	-----------------

1/2 CUP	4 OUNCES	8 TABLESPOONS	24 TEASPOONS	118 MILLILITERS
---------	----------	---------------	--------------	-----------------

1/3 CUP	2 2/3 OUNCES	5.3 TABLESPOONS	16 TEASPOONS	79 MILLILITERS
---------	--------------	-----------------	--------------	----------------

1/4 CUP	2 OUNCES	4 TABLESPOONS	12 TEASPOONS	59 MILLILITERS
---------	----------	---------------	--------------	----------------

1/8 CUP	1 OUNCE	2 TABLESPOONS	6 TEASPOONS	30 MILLILITERS
---------	---------	---------------	-------------	----------------

1/16 CUP	1/2 OUNCE	1 TABLESPOON	3 TEASPOONS	15 MILLILITERS
----------	-----------	--------------	-------------	----------------

JUST IN CASE: 1 GALLON = 4 QUARTS = 16 CUPS