



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