

Kitchen Conversions

~ Spoons & Cups ~

tsp	tbsp	fl oz	cup	pint	quart	gallon
3	1	1/2	1/16	1/32		
6	2	1	1/8	1/16	1/3	
12	4	2	1/4	1/8	1/16	
18	6	3	3/8			
24	8	4	1/2	1/4	1/8	1/32
36	12	6	3/4			
48	16	8	1	1/2	1/4	1/16
96	32	16	2	1	1/2	1/8
	64	32	4	2	1	1/4
	256	128	16	8	4	1

~ Mililiters ~

~ Grams ~

tsp	ml	oz	ml	cup	ml	oz	gr	lb
1/2	2.5	2	60	1/4	60	2	88	
1	5	4	115	1/2	120	4	114	
		6	180	2/3	160	6	170	
		8	230	3/4	180	8	226	1/2
tbsp	ml	10	285	1	240	12	340	
1	15	12	340			16	454	1