

Cooking Measurement Cheat Sheet

Cooking Measurement Conversion Chart

US Measurement	Equivalent	Metric
1 tablespoon (tbsp)	3 teaspoons (tsp)	15 ml
1/4 cup	4 tablespoons	60 ml
1/3 cup	5 tbsp + 1 tsp	80 ml
1/2 cup	8 tablespoons	120 ml
1 cup	16 tablespoons	240 ml
1 pint	2 cups	480 ml
1 quart	2 pints	950 ml
1 ounce (oz)	2 tablespoons	30 ml
1 pound (lb)	16 ounces	454 g

Baking Measurement Equivalents

Ingredient	1 Cup Equals	Metric
All-purpose flour	4.25 oz	120 g
Sugar (granulated)	7 oz	200 g
Butter	8 oz	227 g
Brown sugar	7.5 oz	213 g
Honey	12 oz	340 g