

Measure Conversion Table

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| TEASPOONS | TABLESPOONS | CUPS | FLUID OUNCES | MILLILITRES | OTHER |
|--------------|--------------------|------------|--------------|-------------|-----------------------|
| 1/4 teaspoon | | | | 1 ml | |
| 1/2 teaspoon | | | | 2 ml | |
| 3/4 teaspoon | 1/4 tablespoon | | | 4 ml | |
| 1 teaspoon | 1/3 tablespoon | | | 5 ml | |
| 3 teaspoons | 1 tablespoon | 1/16 cup | 1/2 oz | 15 ml | |
| 6 teaspoons | 2 tablespoons | 1/8 cup | 1 oz | 30 ml | |
| | | | 1 1/2 oz | 44 ml | 1 jigger |
| 12 teaspoons | 4 tablespoons | 1/4 cup | 2 oz | 60 ml | |
| 16 teaspoons | 5 1/3 tablespoons | 1/3 cup | 2 1/2 oz | 75 ml | |
| 18 teaspoons | 6 tablespoons | 3/8 cup | 3 oz | 90 ml | |
| 24 teaspoons | 8 tablespoons | 1/2 cup | 4 oz | 125 ml | 1/4 pint |
| 32 teaspoons | 10 2/3 tablespoons | 2/3 cup | 5 oz | 150 ml | |
| 36 teaspoons | 12 tablespoons | 3/4 cup | 6 oz | 175 ml | |
| 48 teaspoons | 16 tablespoons | 1 cup | 8 oz | 237 ml | 1/2 pint |
| | | 1 1/2 cups | 12 oz | 355 ml | |
| | | 2 cups | 16 oz | 473 ml | 1 pint |
| | | 3 cups | 24 oz | 710 ml | 1 1/2 pints |
| | | | 25.6 oz | 757 ml | 1 fifth |
| | | 4 cups | 32 oz | 946 ml | 1 quart or 1 litre |
| | | 8 cups | 64 oz | | 2 quarts |
| | | 16 cups | 128 oz | | 1 gallon |

Dash or Pinch

Generally considered to be less than 1/8 teaspoon.

Firmly Packed

With a spatula, a spoon or your hand, tightly press the ingredient into the measuring cup. You should measure as much of the ingredient as you can fit into the measure.

Lightly Packed

Press the ingredient into the measuring cup lightly. Make sure there are no air pockets, but do not compress it too much either.

Even / Level

Measure the amount precisely, discarding the entire ingredient that rises above the rim of the measuring cup. The back of a straight knife or your finger works well for this.

Rounded

Do not flatten out the ingredient to the top of the measuring cup. Instead allow it to pile up above the rim naturally, into a soft, rounded shape.

Heaping / Heaped

Pile as much of the ingredient on top of the measure as it can hold.

Sifted

Sift with a strainer or sifter before measuring to ensure ingredient is not compacted and there is no other foreign substance in it.