

Cooking Measurement Equivalents

<i>1 tablespoon (tbsp) = 3 teaspoons (tsp)</i>
<i>$\frac{1}{16}$ cup = 1 tablespoon</i>
<i>$\frac{1}{8}$ cup = 2 tablespoons</i>
<i>$\frac{1}{6}$ cup = 2 tablespoons + 2 teaspoons</i>
<i>$\frac{1}{4}$ cup = 4 tablespoons</i>
<i>$\frac{1}{3}$ cup = 5 tablespoons + 1 teaspoon</i>
<i>$\frac{3}{8}$ cup = 6 tablespoons</i>
<i>$\frac{1}{2}$ cup = 8 tablespoons</i>
<i>$\frac{2}{3}$ cup = 10 tablespoons + 2 teaspoons</i>
<i>$\frac{3}{4}$ cup = 12 tablespoons</i>
<i>1 cup = 48 teaspoons</i>
<i>1 cup = 16 tablespoons</i>
<i>8 fluid ounces (fl oz) = 1 cup</i>
<i>1 pint (pt) = 2 cups</i>
<i>1 quart (qt) = 2 pints</i>
<i>4 cups = 1 quart</i>
<i>1 gallon (gal) = 4 quarts</i>
<i>16 ounces (oz) = 1 pound (lb)</i>
<i>1 millilitre (ml) = 1 cubic centimetre (cc)</i>
<i>1 inch (in) = 2.54 centimetres (cm)</i>

Source: United States Dept. of Agriculture (USDA).

U.S.–Metric Cooking Conversions

U.S. to Metric

Capacity		Weight	
<i>$\frac{1}{5}$ teaspoon</i>	<i>1 millilitre</i>	<i>1 oz</i>	<i>28 grams</i>
<i>1 teaspoon</i>	<i>5 ml</i>	<i>1 pound</i>	<i>454 grams</i>
<i>1 tablespoon</i>	<i>15 ml</i>		
<i>1 fluid oz</i>	<i>30 ml</i>		
<i>$\frac{1}{5}$ cup</i>	<i>47 ml</i>		
<i>1 cup</i>	<i>237 ml</i>		
<i>2 cups (1 pint)</i>	<i>473 ml</i>		
<i>4 cups (1 quart)</i>	<i>.95 litre</i>		
<i>4 quarts (1 gal.)</i>	<i>3.8 litres</i>		

Metric to U.S.

Capacity		Weight	
1 millilitre	$\frac{1}{5}$ teaspoon	1 gram	.035 ounce
5 ml	1 teaspoon	100 grams	3.5 ounces
15 ml	1 tablespoon	500 grams	1.10 pounds
100 ml	3.4 fluid oz	1 kilogram	2.205 pounds
240 ml	1 cup		35 oz
1 litre	34 fluid oz 4.2 cups 2.1 pints 1.06 quarts 0.26 gallon		

Gas Mark Equivalents

Gas Mark	Centigrade (°C)	Fahrenheit (°F)
1	140	275
2	150	300
3	160	325
4	180	350
5	190	375
6	200	400
7	220	425
8	230	450