

Cooking Conversion Chart

Measure	Fluid OZ	TBSP	tsp	Liter (l) Milliliter (ml)
1 gallon	4 quarts	256 tbsp	768 tsp	3.1 l
4 cups	1 quart	64 tbsp	192 tsp	0.95 l
2 cups	1 pint	32 tbsp	96 tsp	470 ml
1 cup	8 oz	16 tbsp	48 tsp	237 ml
3/4 cup	6 oz	12 tbsp	36 tsp	177 ml
2/3 cup	5 oz	11 tbsp	32 tsp	158 ml
1/2 cup	4 oz	8 tbsp	24 tsp	118 ml
1/3 cup	3 oz	5 tbsp	16 tsp	79 ml
1/4 cup	2 oz	4 tbsp	12 tsp	59 ml
1/8 cup	1 oz	2 tbsp	6 tsp	30 ml
1/16 cup	0.5 oz	1 tbsp	3 tsp	15 ml