

Measurement Equivalents

Volume (Dry)

American Standard	Metric
1/8 teaspoon	.5 ml
1/4 teaspoon	1 ml
1/2 teaspoon	2 ml
3/4 teaspoon	4 ml
1 teaspoon	5 ml
1 tablespoon	15 ml
1/4 cup	59 ml
1/3 cup	79 ml
1/2 cup	118 ml
2/3 cup	158 ml
3/4 cup	177 ml
1 cup	225 ml
2 cups or 1 pint	450 ml
3 cups	675 ml
4 cups or 1 quart	1 liter
1/2 gallon	2 liters
1 gallon	4 liters

Oven Temperatures

American Standard	Metric
250° F	130° C
300° F	150° C
350° F	180° C
400° F	200° C
450° F	230° C

Weight (Mass)

American Standard (Ounces)	Metric (Grams)
1/2 ounce	15 grams
1 ounce	30 grams
3 ounces	85 grams
3.75 ounces	100 grams
4 ounces	115 grams
8 ounces	225 grams
12 ounces	340 grams
16 ounces or 1 lb.	450 grams

Volume (Liquid)

American Standard (Cups & Quarts)	American Standard (Ounces)	Metric (Milliliters & Liters)
2 tbsp	1 fl. oz.	30 ml
1/4 cup	2 fl. oz.	60 ml
1/2 cup	4 fl. oz.	125 ml
1 cup	8 fl. oz.	250 ml
1 1/2 cups	12 fl. oz.	375 ml
2 cups or 1 pint	16 fl. oz.	500 ml
4 cups or 1 quart	32 fl. oz.	1000 ml or 1 liter
1 gallon	128 fl. oz.	4 liters

Dry Measure Equivalents

3 teaspoons	1 tablespoon	1/2 ounce	14.3 grams
2 tablespoons	1/8 cup	1 fluid ounce	28.3 grams
4 tablespoons	1/4 cup	2 fluid ounces	56.7 grams
5 1/3 tablespoons	1/3 cup	2.6 fluid ounces	75.6 grams
8 tablespoons	1/2 cup	4 ounces	113.4 grams
12 tablespoons	3/4 cup	6 ounces	.375 pound
32 tablespoons	2 cups	16 ounces	1 pound