Kitchen conversion chart

US	Equivalent	Metric
1 tsp	⅓ tbsp	5 ml
1 tbsp	3 tsp	15 ml
1 fl oz	2 tbsp	30 ml
¼ cup	4 tbsp	60 ml
⅓ cup	5 tbsp + 1 tsp	80 ml
½ cup	8 tbsp	120 ml
¾ cup	12 tbsp	180 ml
1 cup	16 tbsp	237 ml
1 pint	2 cups	473 ml
1 quart	4 cups	946 ml
1 oz (weight)		28 g
1 lb	16 oz	454 g

Notes

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