

Free Kitchen Measurement Conversion Chart



Conversion Chart



Measure

Equivalent

Metric

1 Tbsp

2 Tbsp

1/4 cup

1/3 cup

1/2 cup

1 cup

1 pint

1 quart

1 liter

1 ounce (dry)

1 pound

2.21 pounds

3 tsp

1 ounce

4 Tbsp

5 Tbsp + 1 tsp

8 Tbsp

16 Tbsp

2 cups

4 cups

4 cups + 3 Tbsp

2 Tbsp

16 ounces

35.3 ounces

14.8 ml

29.6 ml

59.2 ml

78.9 ml

118.4 ml

236.8 ml

473.6 ml

947.2 ml

1,000 ml

28.35 g

453.59 g

1 kilogram



*Healthy and
Lovin' It*