

Kitchen Conversion Chart



cup



oz



gram



tbsp



tsp



ml

1

8

225

16

48

250

3/4

6

170

12

36

175

2/3

5

140

11

32

150

1/2

4

114

8

24

125

1/3

3

70

5

16

70

1/4

2

60

4

12

60

1/8

1

30

2

6

30

1/16

1/2

15

1

3

15