

Printable Cooking

Measurement Conversion Chart

Liquid

1 tablespoon = 3 teaspoons = 1/2 fluid ounces

2 tablespoons = 1/8 cup = 1 fluid ounce

4 tablespoons = 1/4 cup = 2 fluid ounces

5 tablespoons + 1 teaspoon = 1/3 cup

16 tablespoons = 1 cup = 8 fluid ounces

1 cup = 8 fluid ounces = 1/2 pint

2 cups = 16 fluid ounces = 1 pint = 1/2 quart

3 cups = 24 fluid ounces = 1 1/2 pints

4 cups = 32 fluid ounces = 2 pints = 1 quart

8 cups = 64 fluid ounces = 2 quarts = 1/2 gallon

16 cups = 128 fluid ounces = 4 quarts = 1 gallon

Dry Measurements

1 cup = 16 tablespoons

1 pound dry = 16 ounces