

cooking

conversions



CUPS



OUNCES



TEASPOONS



TABLESPOONS



MILLILITERS

1 cup	8 oz.	48 tsp.	16 tbsp.	240 ml.
3/4 cup	6 oz.	36 tsp.	12 tbsp.	180 ml.
2/3 cup	5 1/3 oz.	32 tsp.	10 2/3 tbsp.	160 ml.
1/2 cup	4 oz.	24 tsp.	8 tbsp.	120 ml.
1/3 cup	2 2/3 oz.	16 tsp.	5 1/3 tbsp.	80 ml.
1/4 cup	2 oz.	12 tsp.	4 tbsp.	60 ml.
1/8 cup	1 oz.	6 tsp.	2 tbsp.	30 ml.
1/16 cup	1/2 oz.	3 tsp.	1 tbsp.	15 ml.