

DRY MEASUREMENT CONVERSIONS

KITCHEN ESSENTIALS • QUICK REFERENCE GUIDE

MEASUREMENT	EQUIVALENT	METRIC (APPROX.)
1/16 teaspoon	1 dash / pinch	0.3 ml
1/8 teaspoon	A "smidgen"	0.6 ml
3 teaspoons	1 tablespoon	15 ml
2 tablespoons	1/8 cup	30 ml
4 tablespoons	1/4 cup	60 ml
5 tbsp + 1 tsp	1/3 cup	80 ml
8 tablespoons	1/2 cup	120 ml
12 tablespoons	3/4 cup	180 ml
16 tablespoons	1 cup	240 ml