

KITCHEN VOLUME CONVERSIONS

STANDARD UNIT

EQUIVALENT

1 Tablespoon

3 Teaspoons

1/8 Cup

2 Tablespoons

1/4 Cup

4 Tablespoons

1/3 Cup

5 Tbsp + 1 Tsp

1/2 Cup

8 Tablespoons

1 Cup

16 Tablespoons

LIQUID VOLUME

EQUIVALENT

1 Cup

8 Fluid Ounces

1 Pint

2 Cups / 16 oz

1 Quart

2 Pints / 4 Cups

1 Gallon

4 Quarts / 128 oz

1 Liter

1.05 Quarts

30 ml

1 Fluid Ounce

1 Gallon = 4 Quarts = 8 Pints = 16 Cups