

Converting units of measure

Common cooking measures

This amount...	Equals this amount
1 tablespoon	3 teaspoons 1/2 fluid ounce
1/16 cup	1 tablespoon 1/2 fluid ounce
1/8 cup	2 tablespoons 1 fluid ounce
1/4 cup	4 tablespoons 2 fluid ounces
1/3 cup	5 tablespoons + 1 teaspoon 2 2/3 fluid ounces
1/2 cup	8 tablespoons 4 fluid ounces
2/3 cup	10 tablespoons + 2 teaspoons 5 1/3 fluid ounces
3/4 cup	12 tablespoons 6 fluid ounces
1 cup	8 fluid ounces 16 tablespoons 48 teaspoons
1 pint	2 cups 16 fluid ounces
1 quart	2 pints 4 cups 32 fluid ounces
1 gallon	4 quarts 16 cups 128 fluid ounces
16 ounces by weight	1 pound
1/6 cup	2 tablespoons + 2 teaspoons
3/8 cup	6 tablespoons

Butter

1 stick = 4 ounces

= 1/2 cup

1/4 cup = 1/2 stick

1/2 cup = 1 stick

1 cup = 2 sticks

1 tablespoon = 1/8 stick

1 ounce = 2 tablespoons

Fruit

1 medium **lemon** yields about
3 tablespoons juice, 1
tablespoon grated rind

1 medium **orange** yields 1/3 to
1/2 cup juice

1 pound **apples** is about 3
medium whole or 3 cups sliced

1 pound **bananas** is about 3
medium whole or 1 1/2 cups

For conversions via Google

Enter: **X** units of measure in other units of measure. Example:



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(1/2) liter = 16.9070114 US fluid ounces

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Eggs

1 whole egg = 3
tablespoons lightly beaten
egg

1 egg white and 2
teaspoons oil = 1 whole egg

1 cup eggs = 5 large