

## Measurement Conversion Chart

Cup	Fluid oz	Table Spoon	Tea Spoon	Milliliter
1 Cup	8 oz	16 tbsp	48 tsp	237 ml
3/4 Cup	6 oz	12 tbsp	36 tsp	177 ml
2/3 Cup	5 oz	11 tbsp	32 tsp	158 ml
1/2 Cup	4 oz	8 tbsp	24 tsp	118 ml
1/3 Cup	3 oz	5 tbsp	16 tsp	79 ml
1/4 Cup	2 oz	4 tbsp	12 tsp	59 ml
1/8 Cup	1 oz	2 tbsp	6 tsp	30 ml
1/16 Cup	.5 oz	1 tbsp	3 tsp	15 ml

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