



Measurements Conversions **COOKING BAKING**

CUP	ONCES	MILLILITERS	TBSP
1/16	1/2 oz	15 ml	1
1/8	1 oz	30 ml	3
1/4	2 oz	59 ml	4
1/3	2.5 oz	79 ml	5.5
3/8	3 oz	90 ml	6
1/2	4 oz	118 ml	8
2/3	5 oz	158 ml	11
3/4	6 oz	177 ml	12
1	8 oz	240 ml	16