

Conversion Chart

Measure

Equivalent

Metric

1 Tbsp	3 tsp	14.8 ml
2 Tbsp	1 ounce	29.6 ml
1/4 cup	4 Tbsp	59.2 ml
1/2 cup	5 Tbsp + 1 tsp	78.9 ml
1 cup	8 Tbsp	118.4 ml
1 pint	16 Tbsp	236.8 ml
1 liter	2 cups	473.6 ml
1 quart	4 cups	947.2 ml
1 ounce (dry)	4 cups + 3 Tbsp	1,000 ml
1 pound	2 Tbsp	28.35 g
2.21 pounds	16 ounces	453.59 g
	35.3 ounces	1 kilogram