



1 oz. equal 28 grams  
 1 pounds equals 454 grams

1 Tbsp. fresh herbs= 1 tsp. dried  
 1 stick butter = 1/2 cup

1 pinch equals 1/16 tsp.

## Dry Measurements

Cups	Tablespoons	Teaspoons	Ounces	Milliliters
1 C.	16 Tbsp.	48 tsp.	8 oz.	237 ml
3/4 C.	12 Tbsp.	36 tsp.	6 oz.	177 ml
2/3 C.	10 & 2/3 Tbsp.	32 tsp.	5 oz.	158 ml
1/2 C.	8 Tbsp.	24 tsp.	4 oz.	118 ml
1/3 C.	5 & 1/3 Tbsp.	16 tsp.	3 oz.	79 ml
1/4 C.	4 Tbsp.	12 tsp.	2 oz.	59 ml
1/8 C.	2 Tbsp.	6 tsp.	1 oz.	30 ml
1/16 C.	1 Tbsp.	3 tsp.	1/2 oz.	15 ml

## Fluid Measurements

1 gallon	4 quarts	8 pints	16 cups	128 oz.	3.8 liters
1/2 gallon	2 quarts	4 pints	8 cups	64 oz.	1.9 liters
1/4 gallon	1 quart	2 pints	4 cups	32 oz.	.95 liters
	1/2 quart	1 pint	2 cups	16 oz.	480 ml
		1/2 pint	1 cup	8 oz.	240 ml
			1/2 cup	4 oz.	120 ml.
			1/4 cup	2 oz.	60 ml.
				1 oz.	30 ml.

