

Measurements and Conversion Table

TEASPOONS	TABLESPOONS	CUPS	FLUID OUNCES	MILLILITERS	OTHER
1/4 teaspoon				1 ml	
1/2 teaspoon				2 ml	
3/4 teaspoon	1/4 tablespoon			4 ml	
1 teaspoon	1/3 tablespoon			5 ml	
3 teaspoons	1 tablespoon	1/16 cup	1/2 oz	15 ml	
6 teaspoons	2 tablespoons	1/8 cup	1 oz	30 ml	
			1 1/2 oz	44 ml	1 jigger
12 teaspoons	4 tablespoons	1/4 cup	2 oz	60 ml	
16 teaspoons	5 1/3 tablespoons	1/3 cup	2 1/2 oz	75 ml	
18 teaspoons	6 tablespoons	3/8 cup	3 oz	90 ml	
24 teaspoons	8 tablespoons	1/2 cup	4 oz	125 ml	1/4 pint
32 teaspoons	10 2/3 tablespoons	2/3 cup	5 oz	150 ml	
36 teaspoons	12 tablespoons	3/4 cup	6 oz	175 ml	
48 teaspoons	16 tablespoons	1 cup	8 oz	237 ml	1/2 pint
		1 1/2 cups	12 oz	355 ml	
		2 cups	16 oz	473 ml	1 pint
		3 cups	24 oz	710 ml	1 1/2 pints
			25.6 oz	757 ml	1 fifth
		4 cups	32 oz	946 ml	1 quart or 1 liter
		8 cups	64 oz		2 quarts
		16 cups	128 oz		1 gallon

Note: A "dash" or a "pinch" are generally considered to be less than 1/8 teaspoon.