



KITCHEN

Metric/U.S.

Measurement Conversions

VOLUME		
cups	tablespoons	milliliters
2	32	500
1	16	250
3/4	12	180
2/3	10	150
1/2	8	120
1/3	5	75
1/4	4	60
1/8	2	30
1/16	1	15
~	1 teaspoon	5

WEIGHT		
pounds	ounces	grams
1	16	450
~	14	400
3/4	12	240
~	10	280
1/2	8	225
~	6	170
1/4	4	110
1/8	2	60
~	1	30
~	1/2	15

BUTTER

Measurement Conversions



stick		cup	tablespoon	ounce	pound	gram
1/4	↔	1/8	2	1	1/16	28
1/2	↔	1/4	4	2	1/8	57
1	↔	1/2	8	4	1/4	113
2	↔	1	16	8	1/2	227
4	↔	2	32	16	1	454