

U.S. to Metric Conversion Table

1 1/2 teaspoons

= 1/2 tablespoon

3 teaspoons = 1 tablespoon

2 tablespoons = 1 ounce = 1/8 cup

8 ounces (16 tablespoons

) = 1 cup

2 cups = 1 pint = 16 ounces

2 pints = 1 quart = 4 cups = 32 ounces

4 quarts = 1 gallon = 16 cups = 128 ounces

Converting U.S. to Metric:

teaspoons x 4.93 = milliliters (ml)

tablespoons x 14.79 = milliliters

fluid ounces x 29.57 = milliliters

cups x 236.59 = milliliters

pints x 473.18 = milliliters

quarts x 946.36 = milliliters

gallons x 3.785 = liters

U.S. Volume

Metric Volume (ml/l)

1/4 teaspoon

1.23 ml

1/2 teaspoon

2.5 ml

3/4 teaspoon

3.7 ml

1 teaspoon

4.9 ml

1 1/2 teaspoons (1/2 tablespoon)

7.5 ml

2 teaspoons

10 ml

3 teaspoons (1 Tablespoon)

15 ml

1/8 cup (2 tablespoons/1 ounce)

30 ml

1/4 cup (4 tablespoons/2 ounces)

60 ml

1/2 cup (8 tablespoons/4 ounces)	120 ml
3/4 cup (12 tablespoons/6 ounces)	180 ml
1 cup (16 tablespoons/8 ounces)	240 ml
2 cups (32 tablespoons/1 pint/16 ounces)	480 ml
2 1/4 cups (18 ounces)	540 ml
2 1/2 cups (20 ounces)	600 ml
2 3/4 cups (22 ounces)	660 ml
3 cups (1 1/2 pints/24 ounces)	720 ml
4 cups (1 quart/32 ounces)	960 ml
4 quarts (1 gallon/128 ounces)	3.8 l