



## LIQUID & DRY METRIC CONVERSION

### LIQUID CONVERSION

1 CUP = 8 OUNCES = 1/2 PINT = 237 MILLILITERS

2 CUPS = 16 OUNCES = 1 PINT = 474 MILLILITERS

4 CUPS = 32 OUNCES = 1 QUART = 946 MILLILITERS

2 PINTS = 32 OUNCES = 1 QUART = 0.946 LITERS

4 QUARTS = 128 OUNCES = 1 GALLON = 3.784 LITERS

### DRY MEASURE

3 TEASPOONS = 1 TABLESPOON = 1/2 OUNCE = 14.3 GRAMS

2 TABLESPOONS = 1/8 CUP = 1 FLUID OUNCE = 28.3 GRAMS

4 TABLESPOONS = 1/4 CUP = 2 FLUID OUNCES = 56.7 GRAMS

5 1/3 TABLESPOONS = 1/3 CUP = 2.6 FLUID OUNCES = 75.6 GRAMS

8 TABLESPOONS = 1/2 CUP = 4 OUNCES = 113.4 GRAMS = 1 STICK BUTTER

12 TABLESPOONS = 3/4 CUP = 6 OUNCES = 0.375 POUND = 170 GRAMS

32 TABLESPOONS = 2 CUPS = 16 OUNCES = 1 POUND = 453.6 GRAMS

64 TABLESPOONS = 4 CUPS = 32 OUNCES = 2 POUNDS = 907 GRAMS