

## Kitchen Measurement Conversion Chart

*A handy guide for precise cooking and baking.*

---

### Standard Conversions

- 1 Gallon = 4 Quarts = 8 Pints = 16 Cups = 128 Fluid Ounces = 256 Tablespoons = 768 Teaspoons
  - 1 Quart = 2 Pints = 4 Cups = 32 Fluid Ounces = 64 Tablespoons = 192 Teaspoons
  - 1 Pint = 2 Cups = 16 Fluid Ounces = 32 Tablespoons = 96 Teaspoons
  - 1 Cup = 8 Fluid Ounces = 16 Tablespoons = 48 Teaspoons
  - 1 Tablespoon = 0.5 Fluid Ounce = 3 Teaspoons = 15 Milliliters
  - 1 Teaspoon = 0.17 Fluid Ounce = 5 Milliliters
- 

### Fluid Ounces and Milliliters

- 1 Gallon = 128 Fluid Ounces = 3,800 Milliliters
  - 1 Quart = 32 Fluid Ounces = 950 Milliliters
  - 1 Pint = 16 Fluid Ounces = 480 Milliliters
  - 1 Cup = 8 Fluid Ounces = 240 Milliliters
  - 1 Tablespoon = 0.5 Fluid Ounce = 15 Milliliters
  - 1 Teaspoon = 0.17 Fluid Ounce = 5 Milliliters
-

## Quick Recipe Adjustments

- $\frac{1}{2}$  Cup = 4 Fluid Ounces = 120 Milliliters = 8 Tablespoons = 24 Teaspoons
  - $\frac{2}{3}$  Cup = 2.7 Fluid Ounces = 80 Milliliters = 5 Tablespoons + 1 Teaspoon = 16 Teaspoons
  - $\frac{1}{4}$  Cup = 2 Fluid Ounces = 60 Milliliters = 4 Tablespoons = 12 Teaspoons
  - $\frac{1}{3}$  Cup = 1.35 Fluid Ounces = 40 Milliliters = 2 Tablespoons + 2 Teaspoons = 8 Teaspoons
- 

## Special Notes

- Dash =  $\sim\frac{1}{8}$  Teaspoon
  - Pinch =  $\sim\frac{1}{16}$  Teaspoon
- 

**Pro Tip:** Bookmark this chart for easy access during cooking sessions!