

# Kitchen Conversions

## 1 Tablespoon

3 teaspoons  
1/2 Fluid Ounce  
15 Milliliters

## 1/8 Cup

2 Tablespoons  
1 Ounce

## 1/4 Cup

4 Tablespoons  
12 Teaspoons  
2 Ounces  
60 Milliliters

## 1/3 Cup

5 Tablespoons  
+ 1 tsp

## 1/2 Cup

8 Tablespoons  
4 Ounces

## 1 Cup

8 Ounces  
237 Milliliters

## 1 Pint

2 Cups  
16 Ounces  
480 Milliliters

## 1 Pound

16 Ounces

## 1 Quart

2 Pints  
4 Cups  
32 Ounces  
.95 Liters

## 1 Gallon

4 Quarts  
8 Pints  
16 Cups  
128 Ounce  
3.8 Liters

**FIT** but fun  
with Christine 

