

YIELDS & EQUIVALENTS

Teaspoons	Tablespoons	Cups	Fluid Oz.	Milliliters	Other
1/4 teaspoon				1 ml.	
1/2 teaspoon				2 ml.	
3/4 teaspoon	1/4 tablespoon			4 ml.	
1 teaspoon	1/3 tablespoon			5 ml.	
3 teaspoon	1 tablespoon	1/16 cup	1/2 oz.	15 ml.	
6 teaspoons	2 tablespoons	1/8 cup	1 oz.	30 ml.	
			1 1/2 oz.	44 ml.	1 jigger
12 teaspoons	4 tablespoons	1/4 cup	2 oz.	60 ml.	
16 teaspoons	5 1/3 tablespoons	1/3 cup	2 1/2 oz.	75 ml.	
18 teaspoons	6 tablespoons	3/8 cup	3 oz.	90 ml.	
24 teaspoons	8 tablespoons	1/2 cup	4 oz.	125 ml.	1/4 pint
32 teaspoons	10 2/3 tablespoons	2/3 cup	5 oz.	150 ml.	
36 teaspoons	12 tablespoons	3/4 cup	6 oz.	175 ml.	
48 teaspoons	16 tablespoons	1 cup	8 oz.	237 ml.	1/2 pint
		1 1/2 cups	12 oz.	355 ml.	
		2 cups	16 oz.	473 ml.	1 pint
		3 cups	24 oz.	710 ml.	1 1/2 pints
			25.6 oz.	757 ml.	1 fifth
		4 cups	32 oz.	946 ml.	1 quart or 1 liter
		8 cups	64 oz.		2 quarts
		16 cups	128 oz.		1 gallon

Dash or Pinch - Less than 1/8 tsp.

Firmly Packed - Tightly pressed ingredients in a measuring cup.

Lightly Packed - Lightly pressed ingredients in a measuring cup.

Even/Level - Precise measure. Discard any ingredients that rise above the rim of the measuring cup.

Rounded - Allow ingredients to pile above the rim of the measuring cup into a nice round shape.

Heaping - Pile as much of the ingredient on top of the measure as it can hold.

Sifted - Sift before measuring to ensure ingredient is not compacted.