

add a pinch[®]

cooking conversion chart

American Standard	American Standard	American Standard (Ounces)	Volume	Weight
pinch	1/16 teaspoon			
dash	1/8 teaspoon			
1 teaspoon			5 milliliters	
1 tablespoon	3 teaspoons	1/2 ounce	15 milliliters	14.3 grams
1/8 cup	2 tablespoons	1 ounce	30 milliliters	28.3 grams
1/4 cup	4 tablespoons	2 ounces	60 milliliters	56.7 grams
1/2 cup	8 tablespoons	4 ounces	120 milliliters	113.4 grams 1/4 pound
3/4 cup	12 tablespoons	6 ounces	180 milliliters	
1 cup	16 tablespoons	8 ounces	240 milliliters	225 grams 1/2 pound
1 pint	32 tablespoons 2 cups	16 ounces	500 milliliters	450 grams 1 pound
1 quart	4 cups 2 pints	32 ounces	.95 liter	
1 gallon	16 cups 4 quarts	128 ounces	3.79 liters	