

Cooking Conversions

Volume Measurements		
Cups	TBSP	mL
1/16	1	15
1/8	2	30
1/4	4	60
1/3	5 TBSP + 1 TSP	80
1/2	8	125
2/3	10 TBSP + 2 TSP	160
3/4	12	180
1	16	250
4		1000 (1 Litre)

Weight Measurements	
Imperial	Metric
1/2 oz	15 g
1 oz	30 g
2 oz	60 g
3 oz	90 g
4 oz	125 g
6 oz	175 g
8 oz	250 g
10 oz	300 g
12 oz	375 g
14 oz	425 g
1 lb	500 g
1 1/2 lb	750 g
2 lb	1 kg