



# Sunday Supper Movement's Cooking Conversions Chart

[sundaysuppermovement.com/cooking-conversions/](http://sundaysuppermovement.com/cooking-conversions/)

## Cooking Abbreviations

Measurement	Abbreviation
Tbsp. or T.	tablespoon(s)
tsp. or t.	teaspoon(s)
c.	cup(s)
qt.	quart(s)
pt.	pint(s)
oz.	ounce(s)
fl. oz.	fluid ounce(s)
gal.	gallon(s)
l.	liter(s)
mL.	milliliter
lb./lbs.	pound/pounds
g.	gram(s)
kg.	kilogram(s)
doz.	dozen
ea.	each

# Teaspoons to Tablespoons

There are 3 teaspoons to every 1 Tablespoon.

Teaspoons	Tablespoons
1½ tsp.	½ Tbsp.
3 tsp.	1 Tbsp.
4½ tsp.	1½ Tbsp.
6 tsp.	2 Tbsp.
7½ tsp.	2½ Tbsp.
9 tsp.	3 Tbsp.
10½ tsp.	3½ Tbsp.



# Teaspoons and Tablespoons to Dessertspoons and Milliliters

Dessertspoons	Teaspoons	Tablespoons	Milliliters
$\frac{1}{2}$ dstspn.	1 tsp.	$\frac{1}{3}$ Tbsp.	5 mL.
1 dstspn.	2 tsp.	$\frac{2}{3}$ Tbsp.	10 mL.
$1\frac{1}{2}$ dstspn.	3 tsp.	1 Tbsp.	15 mL.
2 dstspn.	4 tsp.	$1\frac{1}{3}$ Tbsp.	20 mL.
$2\frac{1}{2}$ dstspn.	5 tsp.	2 Tbsp.	25 mL.



# Tablespoons to Cups

There are 16 Tablespoons to every 1 cup.

Tablespoons	Cups
2 Tbsp.	$\frac{1}{8}$ c.
4 Tbsp.	$\frac{1}{4}$ c.
5 Tbsp. + 1 tsp.	$\frac{1}{3}$ c.
8 Tbsp.	$\frac{1}{2}$ c.
12 Tbsp.	$\frac{3}{4}$ c.
16 Tbsp.	1 c.
24 Tbsp.	$1\frac{1}{2}$ c.



# Cups to Grams

Every 1 cup is about 128 grams for measuring dry ingredients.

Cups	Grams
$\frac{1}{8}$ c.	16 g.
$\frac{1}{4}$ c.	32 g.
$\frac{1}{3}$ c.	43 g.
$\frac{1}{2}$ c.	64 g.
$\frac{2}{3}$ c.	85 g.
$\frac{3}{4}$ c.	96 g.
1 c.	128 g.
$1\frac{1}{2}$ c.	192 g.
2 c.	256 g.



# Cups to Dry Ounces

This chart is only for dry ingredients, not including bread flour.

Cups	Ounces
$\frac{1}{8}$ c.	0.563 oz.
$\frac{1}{4}$ c.	1.13 oz.
$\frac{1}{3}$ c.	1.5 oz.
$\frac{1}{2}$ c.	2.25 oz.
$\frac{2}{3}$ c.	3 oz.
$\frac{3}{4}$ c.	3.38 oz.
1 c.	4.5 oz.
1 $\frac{1}{2}$ c.	6.75 oz.
2 c.	9 oz.



# Cups to Fluid Ounces

There are about 8 fluid ounces to every 1 cup.

Cups	Ounces
$\frac{1}{8}$ c.	1 fl. oz.
$\frac{1}{4}$ c.	2 fl. oz.
$\frac{1}{3}$ c.	2.66 fl. oz.
$\frac{1}{2}$ c.	4 fl. oz.
$\frac{2}{3}$ c.	5.28 fl. oz.
$\frac{3}{4}$ c.	6 fl. oz.
1 c.	8 fl. oz.
1 $\frac{1}{2}$ c.	12 fl. oz.
2 c.	16 fl. oz.



# Measuring Butter

Tablespoons	Cups	Ounces
2 Tbsp.	$\frac{1}{8}$ c.	1 fl. oz.
4 Tbsp.	$\frac{1}{4}$ c.	2 fl. oz.
5 Tbsp. + 1 tsp.	$\frac{1}{3}$ c.	2.66 fl. oz.
8 Tbsp.	$\frac{1}{2}$ c.	4 fl. oz.
11 Tbsp.	$\frac{2}{3}$ c.	5.28 fl. oz.
12 Tbsp.	$\frac{3}{4}$ c.	6 fl. oz.
16 Tbsp.	1 c.	8 fl. oz.
24 Tbsp.	$1\frac{1}{2}$ c.	12 fl. oz.
32 Tbsp.	2 c.	16 fl. oz.





# Baking Measurements

<b>Ingredient with Measurement</b>	<b>Ounces</b>	<b>Grams</b>
<b>1 c. All-purpose flour</b>	4.25 oz.	120 g.
<b>1 c. Bread flour</b>	4.8 oz.	136 g.
<b>1 c. White sugar</b>	7 oz.	198 g.
<b>1 c. Powdered sugar/Confectioner's sugar (unsifted)</b>	4 oz.	113.5 g.
<b>1 c. Brown sugar (light or dark, packed)</b>	7.5 oz.	213 g.
<b>1 c. Oats (old-fashioned/instant)</b>	3.125 oz.	89 g.
<b>1 tsp. Baking powder</b>	–	4 g.
<b>1 tsp. Baking soda</b>	–	5 g.
<b>1 c. Cornstarch</b>	4 oz.	112 g.
<b>1 c. Chocolate (chips, chunks, or chopped)</b>	6 oz.	170 g.
<b>1 large egg</b>	1.75 oz.	50 g.
<b>1 c. Milk</b>	8 oz.	227 g.
<b>1 c. Heavy Cream</b>	8.4 oz.	238 g.

