

Dry Measure Equivalents

Cup	Tbs	tsp
1 C	16 Tbs	48 tsp
3/4 C	12 Tbs	36 tsp
2/3 C	10 Tbs + 2 tsp	32 tsp
1/2 C	8 Tbs	24 tsp
1/3 C	5 Tbs + 1 tsp	16 tsp
1/4 C	4 Tbs	12 tsp
1/8 C	2 Tbs	6 tsp
1/16 C	1 Tbs	3 tsp

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Liquid Measure Equivalents

Cup	Fl Oz	Tbs	ml
1 C	8 oz	16 Tbs	237 ml
3/4 C	6 oz	12 Tbs	177 ml
2/3 C	5.3 oz	10 Tbs + 2 tsp	158 ml
1/2 C	4 oz	8 Tbs	118 ml
1/3 C	2.7 oz	5 Tbs + 1 tsp	79 ml
1/4 C	2 oz	4 Tbs	59 ml
1/8 C	1 oz	2 Tbs	30 ml
1/16 C	.5 oz	1 Tbs	15 ml

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