

Kitchen Conversions Chart

1 Gallon =	1 Quart =	1 US Pint =	1 Cup =	1 Tablespoon =	1 Teaspoon =
	¼ gallon	⅛ gallon	1/16 gallon	1/256 gallon	1/768 gallon
4 quarts		½ quart	¼ quart	1/64 quart	1/192 quart
8 US pints	2 US pints		½ US pint	1/32 US pint	1/96 US pint
16 cups	4 cups	2 cups		1/16 cup	1/48 cup
256 tablespoons	64 tablespoons	32 tablespoons	16 tablespoons		⅓ tablespoon
768 teaspoons	192 teaspoons	96 teaspoons	48 teaspoons	3 tablespoons	

Fluid Ounces (oz.)		Milliliters (mL)	
1 gallon	128 oz.	1 gallon	3800 mL
1 quart	32 oz.	1 quart	950 mL
1 US pint	16 oz.	1 US pint	480 mL
1 cup	8 oz.	1 cup	240 mL
1 tablespoon	½ oz.	1 tablespoon	15 mL
1 teaspoon	⅙ oz.	1 teaspoon	5 mL

More Common Conversions for Doubling or Halving Recipes:

½ cup = 4 fluid ounces, 120 milliliters, 8 tablespoons, or 24 teaspoons

⅓ cup = 2.7 fluid ounces, 80 milliliters, 5 tablespoons + 1 teaspoon, or 16 teaspoons

¼ cup = 2 fluid ounces, 60 milliliters, 4 tablespoons, or 12 teaspoons

⅙ cup = 1.35 fluid ounces, 40 milliliters, 2 tablespoons + 2 teaspoons, or 8 teaspoons

1 dash = ⅛ teaspoon

1 pinch = about 1/16 teaspoon

Notes & Additions:
