

# *cooking* MEASUREMENT CONVERSIONS

## 1 Gallon

4 quarts

8 pints

16 cups

128 ounces

3.8 liters

## 1 Quart

2 pints

4 cups

32 ounces

.95 liters

## 1 Pint

2 cups

16 ounces

480 milliliters

1 tablespoon = 3 teaspoons = 15 milliliters

4 tablespoons = 1/4 cup = 60 milliliters

1 ounce = 2 tablespoons = 30 milliliters

1 cup = 8 oz. = 250 milliliters



from [SimplytheSweetLife.com](http://SimplytheSweetLife.com)