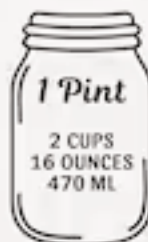
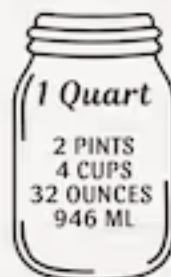
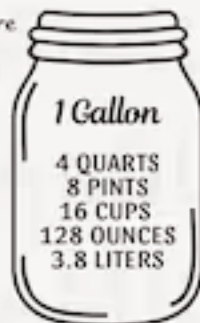
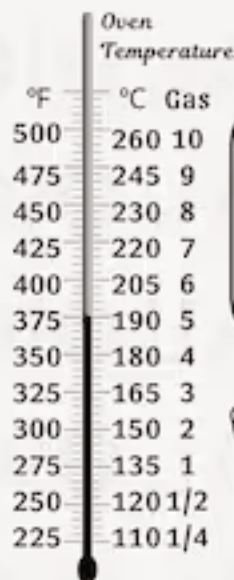


Kitchen Measurement Conversions



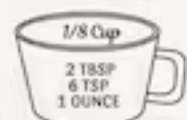
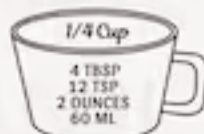
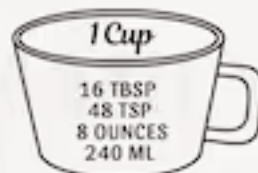
1 Tablespoon

3 teaspoons
1/2 ounces
15 ml



1 Teaspoon

5 ml



Dry Weights

| CUP | TBSP | TSP | GRAM | OUNCE |
|--------|---------|--------|-------|--------|
| 1 C | 16 tbsp | 48 tsp | 227 g | 8 oz |
| 3/4 C | 12 tbsp | 36 tsp | 171 g | 6 oz |
| 2/3 C | 10 tbsp | 32 tsp | 152 g | 5 oz |
| 1/2 C | 8 tbsp | 24 tsp | 115 g | 4 oz |
| 1/3 C | 6 tbsp | 16 tsp | 85 g | 3 oz |
| 1/4 C | 4 tbsp | 12 tsp | 57 g | 2 oz |
| 1/8 C | 2 tbsp | 6 tsp | 28 g | 1 oz |
| 1/16 C | 1 tbsp | 3 tsp | 15 g | 1/2 oz |

Liquid Volumes

| CUP | OUNCE | TBSP | TSP | ML |
|-------|-------|---------|--------|--------|
| 1/8 C | 1 oz | 2 tbsp | 6 tsp | 30 ml |
| 1/4 C | 2 oz | 4 tbsp | 12 tsp | 60 ml |
| 1/3 C | 3 oz | 5 tbsp | 16 tsp | 80 ml |
| 1/2 C | 4 oz | 8 tbsp | 24 tsp | 120 ml |
| 2/3 C | 5 oz | 11 tbsp | 32 tsp | 160 ml |
| 3/4 C | 6 oz | 12 tbsp | 36 tsp | 177 ml |
| 1 C | 8 oz | 16 tbsp | 48 tsp | 240 ml |
| 2 C | 16 oz | 32 tbsp | 96 tsp | 470 ml |

A dash = 1/8 tsp
A pinch = 1/16 tsp
A smidgen = 1/32 tsp

Egg Timer



Soft - 5 min
medium - 7 min
hard - 9 min

Butter



1 stick = 1/2 cup

Herbs



1 tbsp fresh = 1 tsp dry