Last checked 2026-11-20 · Updated November 20, 2026

Kitchen conversion chart

QUICK ANSWER

1 cup = 16 tbsp = 48 tsp = 8 fl oz = 236.6 ml (US customary). Print this page and tape it inside a cupboard.

US measure	tsp	tbsp	fl oz	ml
1 tsp	1	0.33	0.17	4.93
1 tbsp	3	1	0.5	14.79
2 tbsp	6	2	1	29.57
1/4 cup	12	4	2	59.15
1/3 cup	16	5.33	2.67	78.86
1/2 cup	24	8	4	118.29
2/3 cup	32	10.67	5.33	157.73
3/4 cup	36	12	6	177.44
1 cup	48	16	8	236.59
1 pint	96	32	16	473.18
1 quart	192	64	32	946.35
1 gallon	768	256	128	3785.41

Cup sizes differ by country: US customary 236.59 ml, US nutrition label 240 ml, metric (AU, NZ, CA) 250 ml. This chart uses the US customary cup. 16 tbsp = 1 cup; 3 tsp = 1 tbsp.

Last checked 2026-11-20. Sources: NIST SP 811 (US customary volumes); FDA nutrition-label cup (240 ml); Metric cup (250 ml).

From MunchCooking, https://munchcooking.com/downloads/kitchen-conversion-chart/