

U.S. to Metric Kitchen Measurements and Conversions

Dry Ingredients (U.S. to Metric)

- 1/4 teaspoon = 1.23 ml
- 1/2 teaspoon = 2.46 ml
- 1 teaspoon = 4.93 ml
- 1 tablespoon = 14.79 ml
- 1/4 cup = 59.15 ml
- 1/3 cup = 78.86 ml
- 1/2 cup = 118.29 ml
- 1 cup = 236.59 ml

Liquid Ingredients (U.S. to Metric)

- 1 fluid ounce = 29.57 ml
- 1 cup = 237 ml
- 1 pint (2 cups) = 473 ml
- 1 quart (4 cups) = 946 ml
- 1 gallon (16 cups) = 3.785 liters

Weight (U.S. to Metric)

- 1 ounce = 28.35 grams
- 1 pound = 453.59 grams

Basic formulas for converting between U.S. and metric measurements:

- To convert milliliters (ml) to fluid ounces: Multiply the milliliters by 0.033814.
- To convert liters to gallons: Multiply the liters by 0.264172.
- To convert grams to ounces: Multiply the grams by 0.035274.
- To convert kilograms to pounds: Multiply the kilograms by 2.20462.



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