

Everyday kitchen measures

US liquid measures, exact weight definitions, and international cup and spoon sizes.

US liquid volume

US measure	US equivalent	Volume in mL
1 teaspoon (tsp)	1/3 tablespoon	4.929
1 tablespoon (tbsp)	3 teaspoons	14.787
1 fluid ounce (fl oz)	2 tablespoons	29.574
1/4 cup	4 tablespoons	59.147
1/3 cup	5 1/3 tablespoons	78.863
1/2 cup	8 tablespoons	118.294
1 cup	16 tablespoons / 8 fl oz	236.588
1 pint	2 cups	473.176
1 quart	4 cups / 2 pints	946.353
1 gallon	16 cups / 4 quarts	3,785.412

mL figures above are rounded to 3 decimals. Exact US cup: 236.5882365 mL.

Check the recipe's measurement system

System	1 cup	1 tbsp	1 tsp
US customary	236.588 mL	14.787 mL	4.929 mL
Metric	250 mL	15 mL	5 mL
Australian metric	250 mL	20 mL	5 mL

US figures in this comparison are rounded. An Australian tablespoon is 4 teaspoons; a metric tablespoon is 3. Neither is the US customary tablespoon.

Weight: exact definitions

1 oz = 28.349523125 g	1 lb = 453.59237 g
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16 ounces (oz) = 1 pound (lb). Ounces measure weight; fluid ounces measure volume. A gram-to-cup conversion needs an ingredient and its preparation state.

Sources

- NIST SP 811, Appendix B.9: [nist.gov/pml/special-publication-811](https://www.nist.gov/pml/special-publication-811)
- Metric measures: landolakes.com/kitchen-reference/measurements-abbreviations/
- Australian cups and spoons: donnahay.com.au/recipes/conversion

Ingredient cup weights

Approximate recipe equivalents for twelve common ingredients.

Cups measure volume; grams measure weight. Use the matching ingredient and preparation below. A kitchen scale and your recipe's stated weight take priority.

Ingredient and preparation	1 cup	1/2 cup	1/4 cup
All-purpose flour Spooned and levelled; not packed	120 g	60 g	30 g
Bread flour Dry, spooned and levelled	120 g	60 g	30 g
Whole wheat flour Dry, spooned and levelled	113 g	56.5 g	28.25 g
Almond flour Fine flour; not almond meal	96 g	48 g	24 g
Granulated sugar White granulated sugar, levelled	198 g	99 g	49.5 g
Brown sugar Light or dark, packed	213 g	106.5 g	53.25 g
Powdered sugar Unsifted	113 g	56.5 g	28.25 g
Honey Pourable; 21 g per US tablespoon	336 g	168 g	84 g
Maple syrup Pourable	312 g	156 g	78 g
Long-grain rice Dry, uncooked long-grain rice	198 g	99 g	49.5 g
Rolled oats Dry old-fashioned or quick oats	89 g	44.5 g	22.25 g
Cocoa powder Unsweetened, levelled	84 g	42 g	21 g

How to use this chart

These are ingredient-specific estimates. Packing, sifting, moisture and brand can change the weight. For example, 1 cup of flour is about 120 g, while 1 cup of granulated sugar is about 198 g.

Cup basis: this chart adopts a US reference cup of 236.5882365 mL. King Arthur publishes recipe cup weights without specifying that exact cup volume. Its recipe weights are preserved; partial-cup figures are scaled from them. Honey is scaled from 21 g per tablespoon using 16 US tablespoons per cup.

Source: King Arthur Baking ingredient weight chart

<https://www.kingarthurbaking.com/learn/ingredient-weight-chart>