

Recipe Conversions

SOLID MEASUREMENTS

Cups	Tablespoons	Teaspoons
1/8 cup	2 T	6 tsp
1/4 cup	4 T	12 tsp
1/3 cup	5 T + 1 tsp	16 tsp
1/2 cup	8 T	24 tsp
3/4 cup	12 T	36 tsp
1 cup	16 T	48 tsp

WEIGHT MEASUREMENTS

Grams	Ounces
14 g	1/2 oz
28 g	1 oz
113 g	4 oz
227 g	8 oz
340 g	12 oz
454 g	16 oz

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