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KITCHEN CONVERSIONS

US measure	Same as	Fluid ounces	Milliliters (rounded)
1 teaspoon (tsp)	1/3 tbsp	1/6 fl oz	5 mL
1 tablespoon (tbsp)	3 tsp	1/2 fl oz	15 mL
1/8 cup	2 tbsp	1 fl oz	30 mL
1/4 cup	4 tbsp	2 fl oz	60 mL
1/3 cup	5 tbsp + 1 tsp	2 2/3 fl oz	80 mL
1/2 cup	8 tbsp	4 fl oz	120 mL
2/3 cup	10 tbsp + 2 tsp	5 1/3 fl oz	160 mL
3/4 cup	12 tbsp	6 fl oz	180 mL
1 cup	16 tbsp	8 fl oz	240 mL
1 pint (2 cups)	32 tbsp	16 fl oz	475 mL
1 quart (4 cups)	2 pints	32 fl oz	950 mL
1 gallon (16 cups)	4 quarts	128 fl oz	3.8 L

1 US stick of butter = 1/2 cup = 8 tbsp = 4 oz = 113 g.
A pinch is about 1/16 tsp; a dash about 1/8 tsp.
US cup = 237 mL; metric cup (Australia, Canada, UK recipes) = 250 mL; UK tablespoon = 15 mL, Australian tablespoon = 20 mL.
Measure flour by spooning it into the cup and leveling; packed cups weigh much more.