COMPREHENSIVE KITCHEN MEASUREMENT & VOLUME CHART

INSTANT REFERENCE CHEAT SHEET | VOLUME EQUIVALENTS, SPOON RATIOS & METRIC CONVERSIONS

THE LIQUID VOLUME MASTER HIERARCHY EQUATION:

1 Gallon = 4 Quarts = 8 Pints = 16 Cups = 128 Fl Oz = 256 Tbsp = 768 Tsp = 3,785 mL (3.785 L)

LIQUID VOLUME EQUIVALENCY MATRIX

Cups	Fluid Ounces	Tablespoons	Teaspoons	Pints / Quarts	Metric (mL / L)	Drop / Pinch
1 Gallon	128 fl oz	256 tbsp	768 tsp	4 Quarts (8 Pts)	3,785 mL (3.8 L)	-
1/2 Gallon	64 fl oz	128 tbsp	384 tsp	2 Quarts (4 Pts)	1,892 mL (1.9 L)	-
1 Quart	32 fl oz	64 tbsp	192 tsp	2 Pints (4 Cups)	946 mL (0.95 L)	-
1 Pint	16 fl oz	32 tbsp	96 tsp	1/2 Quart (2 Cups)	473 mL	-
1 Cup	8 fl oz	16 tbsp	48 tsp	1/2 Pint	240 mL	-
3/4 Cup	6 fl oz	12 tbsp	36 tsp	-	180 mL	-
2/3 Cup	5.33 fl oz	10.66 tbsp	32 tsp	-	160 mL	-
1/2 Cup	4 fl oz	8 tbsp	24 tsp	1/4 Pint	120 mL	1 Stick Butter
1/3 Cup	2.67 fl oz	5.33 tbsp	16 tsp	-	80 mL	-
1/4 Cup	2 fl oz	4 tbsp	12 tsp	-	60 mL	1/2 Stick Butter
1/8 Cup	1 fl oz	2 tbsp	6 tsp	-	30 mL	-
1 Tbsp	1/2 fl oz	1 tbsp	3 tsp	-	15 mL	3 Scant Tsp
1 Tsp	1/6 fl oz	1/3 tbsp	1 tsp	-	5 mL	60 Drops
1/2 Tsp	1/12 fl oz	1/6 tbsp	1/2 tsp	-	2.5 mL	30 Drops
1/4 Tsp	1/24 fl oz	1/12 tbsp	1/4 tsp	-	1.25 mL	2 Pinches
1 Dash	1/32 fl oz	1/16 tbsp	1/8 tsp	-	0.6 mL	8 Drops

MEASUREMENT LAWS & TECHNIQUE

The 'Spoon & Level' Flour Rule

Never scoop flour directly with a measuring cup (packs up to 30% excess flour). Fluff with fork, spoon gently into cup, and sweep flat with a straight knife edge.

Liquid vs. Dry Measuring Cups

Liquid cups have clear pour spouts and headspace markings to read at eye-level meniscus. Dry cups have flat rims meant for sweeping level.

Brown Sugar Packing

Always pack brown sugar firmly until it holds the shape of the measuring cup when turned out, unless the recipe specifies 'loosely spooned'.

Stick of Butter Rule

1 Stick = 1/2 Cup = 8 Tbsp = 4 oz = 113 grams = 1/4 pound. 1 Tbsp butter = 14.2 grams.

Small Culinary Micro-Measures

1 Pinch = 1/16 tsp (between thumb and index). 1 Dash = 1/8 tsp. 1 Smidgen = 1/32 tsp. 1 Drop = 0.05 mL.

BAKING INGREDIENT WEIGHT CONVERSIONS (1 CUP)

All-Purpose Flour (Fluffed/Leveled)	120 - 125 grams	4.25 oz
Bread Flour (High Protein)	127 - 130 grams	4.50 oz
Whole Wheat Flour	120 - 128 grams	4.25 oz
Granulated White Sugar	200 grams	7.05 oz
Brown Sugar (Firmly Packed)	220 grams	7.75 oz
Confectioners' Powdered Sugar	120 grams	4.25 oz
Rolled Old-Fashioned Oats	90 grams	3.20 oz
Unsalted Butter (Melted / Solid)	227 grams	8.00 oz
Whole Milk / Heavy Cream	240 - 245 grams	8.60 oz
Honey / Pure Maple Syrup	340 grams	12.00 oz
Cocoa Powder (Unsweetened)	85 grams	3.00 oz
Chocolate Chips (Semi-Sweet)	170 grams	6.00 oz
Almond Flour (Fine Blanched)	96 - 100 grams	3.50 oz