

Common Kitchen Measurements

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1 Gallon:
4 quarts
8 pints
16 cups
128 ounces
3.8 liters



1 Quart:
2 pints
4 cups
32 ounces
.95 liters



1 Pint:
2 cups
16 ounces
480 ml



1 Cup:
8 ounces
240 ml



1/4 Cup:
4 tablespoons
12 teaspoons
2 ounces
60 milliliters



1 tablespoon:
3 teaspoons
1/2 fluid ounce
15 milliliters