



These Volume Measurements (dry) may come in handy for you. It is a great idea to print this list and hang it on your refrigerator or place it in your recipe binder.

$\frac{1}{8}$ teaspoon = .05 mL

$\frac{1}{4}$ teaspoon = 1 mL

$\frac{1}{2}$ teaspoon = 2 mL

$\frac{3}{4}$ teaspoon = 4 mL

1 teaspoon = 5 mL

1 tablespoon = 15 mL

2 tablespoons = 30 mL

$\frac{1}{4}$ cup = 60 mL

$\frac{1}{3}$ cup = 75 mL

$\frac{1}{2}$ cup = 125 mL

$\frac{2}{3}$ cup = 150 mL

$\frac{3}{4}$ cup = 175 mL

1 cup = 250 mL

2 cup = 1 pint = 500 mL

3 cups = 750 mL

4 cups = 1 quart = 1 L

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