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Kitchen Measurement Quicksheet

Spoons, cups, grams & ounces — one printable reference

VOLUME CONVERSIONS

Measure	= Tsp	= Tbsp	= Fl Oz	= Cup	= mL
1/8 tsp	1/8	—	—	—	0.6 ml
1/4 tsp	1/4	—	—	—	1.2 ml
1/2 tsp	1/2	—	—	—	2.5 ml
1 tsp	1	1/3	—	—	4.9 ml
1 tbsp	3	1	1/2	1/16	14.8 ml
2 tbsp	6	2	1	1/8	29.6 ml
4 tbsp	12	4	2	1/4	59.1 ml
5 1/3 tbsp	16	5 1/3	2 2/3	1/3	78.9 ml
8 tbsp	24	8	4	1/2	118.3 ml
12 tbsp	36	12	6	3/4	177.4 ml
1 cup	48	16	8	1	236.6 ml
1 L	—	67.6	33.8	4.2	1000 ml

WEIGHT CONVERSIONS

Measure	= Ounces	= Pounds	= Grams	= Kilograms
1 oz	1	1/16	28.3 g	0.028 kg
4 oz	4	1/4	113.4 g	0.113 kg
8 oz	8	1/2	226.8 g	0.227 kg
16 oz	16	1	453.6 g	0.454 kg
35.3 oz	35.3	2.2	1000 g	1 kg

COMMON BAKING INGREDIENTS — GRAMS PER CUP (APPROX.)

All-Purpose Flour	120 g	Vegetable Oil	218 g
Bread Flour	127 g	Honey	340 g
Whole Wheat Flour	113 g	Water / Milk	236 g / 244 g
Rye Flour	102 g	Table Salt, fine	292 g
Granulated Sugar	200 g	Kosher Salt (Diamond Crystal)	168 g
Brown Sugar, packed	213 g	Kosher Salt (Morton)	240 g
Powdered Sugar	113 g	Cocoa Powder	84 g
Butter	227 g	Active Starter (100% hydration)	~240 g

A friendly note:

these are standard reference conversions — actual weight can vary by brand, scoop method, and how packed or aerated an ingredient is. For bread especially, a kitchen scale beats any cup every time.