

COOKING WEIGHT CONVERSION CHART

		Ounces	Pounds	Grams
1/16 teaspoon	a dash			
1/8 teaspoon or less	a pinch			
1/4 teaspoon				
1/2 teaspoon				
1 teaspoon	1/3 tablespoon	1/6 oz		
3 teaspoons	1 tablespoon	1/2 oz		14 g
1 tablespoon	3 teaspoons	1/2 oz		14 g
2 tablespoons	1/8 cup	1 oz		28 g
4 tablespoons	1/4 cup	2 oz		56.7 g
5 tablespoons plus 1 teaspoon	1/3 cup	2.6 oz		75.6 g
8 tablespoons	1/2 cup	4 oz	1/4 lb	113 g
10 tablespoons plus 2 teaspoons	2/3 cup	5.2 oz		151 g
12 tablespoons	3/4 cup	6 oz	0.375 lb	170 g
16 tablespoons	1 cup	8 oz	1/2 lb	225 g
32 tablespoons	2 cups	16 oz	1 lb	454 g
64 tablespoons	4 cups	32 oz	2 lb	907 g