



ARUGULA & ROCKET

MEASUREMENT CONVERSIONS

Cup to Tablespoon to Teaspoon to Millilitres

1 cup = 16 tbsp = 48 tsp = 240 ml

$\frac{3}{4}$ cup = 12 tbsp = 36 tsp = 180 ml

$\frac{2}{3}$ cup = 11 tbsp = 32 tsp = 160 ml

$\frac{1}{2}$ cup = 8 tbsp = 24 tsp = 120 ml

$\frac{1}{3}$ cup = 5 tbsp = 16 tsp = 80 ml

$\frac{1}{4}$ cup = 4 tbsp = 12 tsp = 60 ml

1 tbsp = 15 ml

1 tsp = 5 ml

Cup to Fluid Ounces

1 cup = 8 fl oz

$\frac{3}{4}$ cup = 6 fl oz

$\frac{2}{3}$ cup = 5 fl oz

$\frac{1}{2}$ cup = 4 fl oz

$\frac{1}{3}$ cup = 3 fl oz

$\frac{1}{4}$ cup = 2 fl oz