HELPFUL **divisions & conversions**

MEASUREMENT MANIPULATIONS

Ingredient quantities in recipes are typically given in both American cup/spoon measurements and either gram or milliliter measurements. Occasionally ounces are used. Doubling or dividing gram or milliliter quantities is quite straightforward. However, adjusting cup and spoon measurements can be more of a mathematical challenge. This chart does the math for you.

To save space, tablespoon and teaspoon are abbreviated to Tbsp and tsp.

CUP & SPOON MEASUREMENT	EQUIVALENTS			MEASUREMENT MULTIPLICATION & DIVISION			
	ML	FLUID OUNCES	SPOONS	double	halve	third	quarter
1 cup	240	8	16 Tbsp	2 cups	1/2 cup	1/3 cup	1/4 cup
3/4 cup	180	6	12 Tbsp	1 1/2 cup	1/4 cup + 2 Tbsp	1/4 cup	3 Tbsp
2/3 cup	160	5.3	10 Tbsp + 2 tsp	1 1/3 cup	1/3 cup	3 1/2 Tbsp	2 Tbsp + 2 tsp
1/2 cup	120	4	8 Tbsp	1 cup	1/4 cup	2 Tbsp + 2 tsp	2 Tbsp
1/3 cup	80	2.7	5 Tbsp + 1 tsp	2/3 cup	2 Tbsp + 2 tsp	1 Tbsp + 2 tsp	1 Tbsp + 1 tsp
1/4 cup	60	2	4 Tbsp	1/2 cup	2 Tbsp	1 Tbsp + 1 tsp	1 Tbsp
1/8 cup	30	1	2 Tbsp	1/4 cup	1 Tbsp	2 tsp	1 1/2 tsp
1 Tbsp	15	0.5	3 tsp	2 Tbsp	1 1/2 tsp	1 tsp	1/2 + 1/4 tsp
1 tsp	5	-	-	2 tsp	1/2 tsp	heaped 1/4 tsp	1/4 tsp
1/2 tsp	2.5	-	-	1 tsp	1/4 tsp	heaped 1/8 tsp	1/8 tsp
1/4 tsp	1.3	-	-	1/2 tsp	1/8 tsp	scant 1/8 tsp	1/16 tsp
1/8 tsp	0.6	-	-	1/4 tsp	1/16 tsp (a pinch)	-	1/32 tsp (a smidgen)

NOTES & TIPS

1/2 tablespoon is equal to 1 1/2 teaspoons

The United States is not the only country that uses cups. Some countries may use a metric cup, which is 250ml, as opposed to 240ml. Depending on the ingredient, this 10ml difference could impact the outcome of a recipe.

If you don't have a set of spoons that measures below 1/8 teaspoon, simply half or quarter fill the 1/8 spoon to divide this measurement.

INGREDIENT WEIGHTS

In the recipes, gram and milliliter measurements are only given for quantities of 1 tablespoon and above. In addition, both gram and milliliter measurements are only provided for an ingredient if the difference equals or exceeds 5 units of measure. Thus, for those who prefer to weigh all of their ingredients, this chart provides the weight equivalents for items that often appear in the recipes, but for which a gram measurement may not have been provided.

INGREDIENT	1 teaspoon	1 tablespoon	1 1/2 tablespoons	2 tablespoons
mayonnaise	4.5g	14g	21g	27.5g
oil	4.5g	13.5g	20g	27g
sriracha	6g	18.5g	28g	37g
tamari / soy sauce	6g	18g	27g	36g
garlic, crushed	6g	18g	-	-
ginger, grated or paste	6g	18g	-	-
nut/seed butter	5.5g	16g	24g	32g
tomato paste	5.5g	16.5g	25g	33g
agar agar powder	3g	-	-	-
baking powder or soda	4.5g	14g	-	-
herbs, dried	1g	3g	-	-
salt	6g	18g	-	-
spices, ground	2.5g	7.5g	-	-

NOTES & TIPS

Weights for herbs, spices, and nut/seed butters are averages. There is slight variation by type. For tahini, gram and milliliter measurements are equivalent.

Numbers have been rounded to the nearest 0.5g.