



Tablespoons in a Cup

Cup	Fluid oz	Milliliter	Grams	Tablespoon	Teaspoon
1/16	0.5 oz	15 ml	8g	1 Tbsp	3 tsp
1/8	1 oz	30 ml	16g	2 Tbsp	6 tsp
1/4	2 oz	59 ml	32g	4 Tbsp	12 tsp
1/3	3 oz	79 ml	43g	5 Tbsp	16 tsp
1/2	4 oz	118 ml	64g	8 Tbsp	24 tsp
2/3	5 oz	158 ml	85g	11 Tbsp	32 tsp
3/4	6 oz	177 ml	96g	12 Tbsp	36 tsp
1	8 oz	237 ml	164g	16 Tbsp	48 tsp