

# kitchen

## MEASUREMENT CONVERSIONS



1 TBSP  
3 TSP  
1/2 OZ  
15 ML



1 TSP DRIED = 1 TBSP FRESH

herbs

1 POUND  
454 GRAMS



butter

1 STICK = 1/2 CUP = 1/4 POUND

1/16 TSP a pinch

1/8 TSP a dash