

GLOSSARY OF COOKING MEASURES

Abbreviations

C	Cup
t	Teaspoon
T	Tablespoon
g	Grams
kg	Kilogram
mg	Milligrams
ml	Millilitre
L	Litre
°C	Degree Celsius
Pkt	Packet

Kitchen Measures

1 teaspoon	=	5 ml		
2 teaspoons	=	10 ml		
3 teaspoons	=	1 T		
1 tablespoon	=	15 ml		
¼ Cup	=	4 T	=	65 ml
½ Cup	=	8 T	=	125 ml
1 Cup	=	16 T	=	250 ml
4 Cups	=	1000 ml	=	1 Litre