
Measure	Equivalent	mL
1 tsp	⅓ tbsp	5
1 tbsp (US/UK)	3 tsp	15
1 tbsp (Australia)	4 tsp	20
¼ cup	4 tbsp	60
⅓ cup	5 tbsp + 1 tsp	80
½ cup	8 tbsp	120
1 US cup	16 tbsp	237
1 metric cup	—	250
1 US pint	2 cups	473
1 UK pint	—	568