

Cooking Measurement Conversion Chart

Printable Australian cooking measurement chart for cups, tablespoons, teaspoons, millilitres and litres.

Starting value	Converted value	Use note
1 Australian teaspoon	5 mL	standard teaspoon
1 Australian tablespoon	20 mL	different from US 15 mL
1 Australian cup	250 mL	Australian cup
1/2 Australian cup	125 mL	recipe scaling
1/3 Australian cup	83.3 mL	round carefully
1/4 Australian cup	62.5 mL	recipe scaling
1 US cup	236.588 mL	US recipes
1 litre	4 Australian cups	liquid volume
100 mL	0.4 Australian cup	quick recipe check

Use this as a quick reference only. For legal, engineering, medical, wage, product-compliance or trade-measurement decisions, verify the relevant official standard or source. Calculators, charts and guides on Tools by Layna are general information only.

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