

Chapter 4

Charts and Measures

In This Chapter

- ▶ Quantifying liquor from bottles to liters
- ▶ Knowing which wines to keep cool
- ▶ Counting calories and carbs

So how many ounces are in a jigger? How many calories are in a shot of bourbon? The tables in this chapter answer these and many other burning questions.

Bottle-Related Measurements

Table 4-1 has some handy information about the capacities of standard distilled spirit bottles.

<i>Bottle Size</i>	<i>Fluid Ounces</i>	<i>Bottles/ Case</i>	<i>Liters/ Case</i>	<i>Gallons/ Case</i>
1.75 liters	59.2	6	10.50	2.77
1 liter	33.8	12	12.00	3.17
750 ml	25.4	12	9.00	2.38
500 ml	16.9	24	12.00	3.17
200 ml	6.8	48	9.60	2.54
50 ml	1.7	120	6.00	1.59

Wine bottles come in different sizes than distilled spirit bottles. Table 4-2 lists the capacities of standard wine bottles.

<i>Bottle Size</i>	<i>Fluid Ounces</i>	<i>Bottles/ Case</i>	<i>Liters/ Case</i>	<i>Gallons/ Case</i>
4 liters	135.0	N/A	N/A	N/A
3 liters	101.0	4	12.00	3.17
1.5 liters	50.7	6	9.00	2.38
1 liter	33.8	12	12.00	3.17
750 ml	25.4	12	9.00	2.38
375 ml	12.7	24	9.00	2.38
187 ml	6.3	48	8.98	2.38
100 ml	3.4	60	6.00	1.59

Bar Measurements and Their Equivalents

You're likely to run across many of the measurements listed in Table 4-3. Some may be listed in recipes; other measurement terms are handy to know when you're buying alcohol. Walk into your local liquor store and tell the clerk you want to buy a Jeroboam of wine. See whether she asks which brand you want four bottles of.

<i>Measurement</i>	<i>Metric Equivalent</i>	<i>Standard Equivalent</i>
1 dash	0.9 ml	$\frac{1}{32}$ oz.
1 teaspoon	3.7 ml	$\frac{1}{8}$ oz.
1 tablespoon	11.1 ml	$\frac{3}{8}$ oz.
1 pony	29.5 ml	1 oz.

<i>Measurement</i>	<i>Metric Equivalent</i>	<i>Standard Equivalent</i>
1 jigger/shot	44.5 ml	1.5 oz.
1 miniature (nip)	59.2 ml	2 oz.
1 wine glass	119.0 ml	4 oz.
1 split	177.0 ml	6 oz.
1 half pint	187.5 ml	6.34 oz.
1 tenth	378.9 ml	12.8 oz.
1 "pint" (½ bottle of wine)	375 ml	12.68 oz.
1 pint	472.0 ml	16 oz.
1 "quart" (1 bottle of wine)	750 ml	25.4 oz.
1 fifth	750 ml	25.4 oz.
1 quart	944.0 ml	32 oz.
1 imperial quart	1.14 liters	38.4 oz.
Magnum	1.50 liters	51 oz.
1 half gallon	1.89 liters	64 oz.
Jeroboam (4 bottles of wine)	3.00 liters	101 oz.
Tappit-hen	2.25 liters	76 oz.
1 gallon	3.79 liters	128 oz.
Rehoboam (6 bottles of wine)	4.50 liters	152 oz.
Methuselah (8 bottles of wine)	6.00 liters	203 oz.
Salmanazar (12 bottles of wine)	9.00 liters	305 oz.
Balthazar (16 bottles of wine)	12.01 liters	406 oz.
Nebuchadnezzar (20 bottles of wine)	15.01 liters	507 oz.

Beer Measurements

Ever wonder how much beer is in a barrel? Table 4-4 tells you that and a whole lot more.

<i>Barrel Size</i>	<i>Gallons</i>	<i>Equivalent Measurement</i>
1 barrel of beer	31.0 gallons	13.8 cases of 12 oz. cans or bottles, or 2 kegs
½ barrel of beer	15.5 gallons	1 keg
¼ barrel of beer	7.75 gallons	½ keg
⅓ barrel of beer	3.88 gallons	¼ keg

Drinks per Bottle

How many glasses can you get out of a standard spirit or wine bottle? Check out Table 4-5.

<i>Serving Size</i>	<i>750 ml Bottle</i>	<i>1-Liter Bottle</i>	<i>1.75-Liter Bottle</i>
1 oz.	25	33	59
1¼ oz.	20	27	47
1½ oz.	17	22	39
3 oz.	8	11	19
4 oz.	6	8	14
5 oz.	5	6	11
6 oz.	4	5	9

Calories and Carbohydrates

Most people watch what they eat, but many dieters sometimes forget to watch what they drink. Alcohol is a form of sugar, so it's high in calories. If you're counting calories or trying to keep tabs on your carbohydrate consumption, check out Table 4-6. (For an explanation of proof, see Chapter 5.)

Table 4-6 The Number of Calories and Carbohydrates in Many Drinks

<i>Drink</i>	<i>Calories</i>	<i>Carbohydrates (Grams)</i>
<i>Beer (12 oz.)</i>		
Light beer	110	6.9
Typical beer	144	11.7
<i>Bourbon (1 oz.)</i>		
80 proof	65	trace
86 proof	70	trace
90 proof	74	trace
94 proof	77	trace
100 proof	83	trace
<i>Brandy (1 oz.)</i>		
80 proof	65	trace
86 proof	70	trace
90 proof	74	trace
94 proof	77	trace
100 proof	83	trace
<i>Champagne (4 oz.)</i>		
Brut	92	2.1
Extra Dry	97	2.1
Pink	98	3.7
<i>Coffee Liqueur (1 oz.)</i>		
53 proof	117	16.3
63 proof	107	11.2

(continued)

Table 4-6 (continued)

<i>Drink</i>	<i>Calories</i>	<i>Carbohydrates (Grams)</i>
<i>Gin (1 oz.)</i>		
80 proof	65	0.0
86 proof	70	0.0
90 proof	74	0.0
94 proof	77	0.0
100 proof	83	0.0
<i>Rum (1 oz.)</i>		
80 proof	65	0.0
86 proof	70	0.0
90 proof	74	0.0
94 proof	77	0.0
100 proof	83	0.0
<i>Scotch (1 oz.)</i>		
80 proof	65	trace
86 proof	70	trace
90 proof	74	trace
94 proof	77	trace
100 proof	83	trace
<i>Tequila (1 oz.)</i>		
80 proof	64	0.0
86 proof	69	0.0
90 proof	73	0.0
94 proof	76	0.0
100 proof	82	0.0
<i>Vodka (1 oz.)</i>		
80 proof	65	0.0
86 proof	70	0.0
90 proof	74	0.0
94 proof	77	0.0
100 proof	83	0.0

Drink	Calories	Carbohydrates (Grams)
Whiskey (1 oz.)		
80 proof	65	0.0
86 proof	70	0.0
90 proof	74	0.0
94 proof	77	0.0
100 proof	83	0.0
Wine (1 oz.)		
Aperitif	41	2.3
Port	41	2.3
Sherry	41	2.3
White or red table	29	1.2
Other		
Energy drink	113	28.2

A note about gluten

Many people have a problem consuming anything with gluten. If you're one of those people, you need to watch what you drink. *Gluten* is a protein in spelt, wheat, rye, kamut, triticale, and barley. Many beverages, especially rye, bourbon, and Scotch, are made from these products. Ninety-five

percent of all beers contain gluten. Your best bet is to consult the label. Most products that don't contain gluten, particularly beers, will say that they're gluten-free. For more information on making gluten-free selections, check out *Living Gluten-Free For Dummies* by Danna Korn (Wiley).

