

## COOKING MEASUREMENT EQUIVALENTS

1 tablespoon (tbsp) = 3 teaspoons (tsp)

$1/16$  cup = 1 tablespoon

$1/8$  cup = 2 tablespoons

$1/6$  cup = 2 tablespoons + 2 teaspoons

$1/4$  cup = 4 tablespoons

$1/3$  cup = 5 tablespoons

$3/8$  cup = 6 tablespoons

$1/2$  cup = 8 tablespoons

$2/3$  cup = 10 tablespoons + 2 teaspoons

$3/4$  cup = 12 tablespoons

1 cup = 48 teaspoons

1 cup = 16 tablespoons

8 fluid ounces (fl oz) = 1 cup

1 pint (pt) = 2 cups

1 quart (qt) = 2 pints

4 cups = 1 quart

1 gallon (gal) = 4 quarts

16 ounces (oz) = 1 pound (lb)

1 milliliter (ml) = 1 cubic centimeter (cc)

1 inch (in) = 2.54 centimeters (cm)