

cooking conversions

A LITTLE GUIDE TO HELP YOU IN THE KITCHEN



1 GALLON =



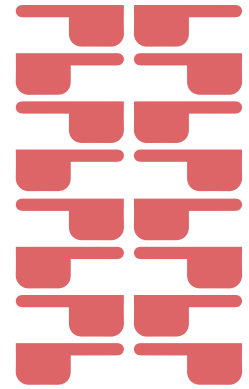
4 quarts



8 pints



128 ounces



16 cups



1/2 TBS = 1.5 tsp



1 QUART =



2 pints



32 ounces



4 cups



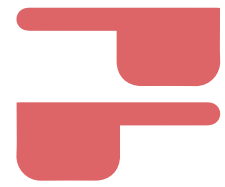
2 TBS = 1 ounce



1 PINT =



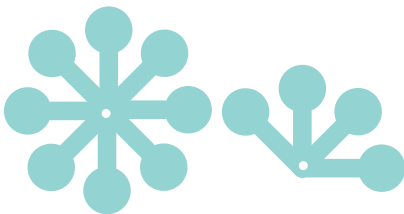
16 ounces



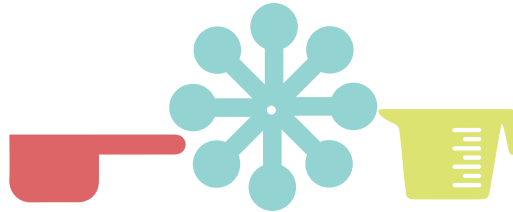
2 cups



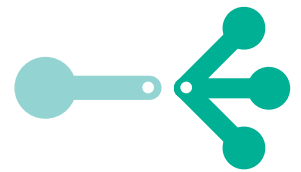
3/4 CUP =



12 tbs



1/2 CUP = 8 tbs 4 ounces



1 TB = 3 tsp



1/4 CUP =



4 tbs



2 ounces



1/3 CUP =



5 tbs + 1 tsp