



Kitchen Conversions

Pinch = less than $\frac{1}{8}$ teaspoon

Dash = $\frac{1}{8}$ teaspoon

$1\frac{1}{2}$ teaspoons = $\frac{1}{2}$ tablespoon

3 teaspoons = 1 tablespoon

4 tablespoons = $\frac{1}{4}$ cup

8 tablespoons = $\frac{1}{2}$ cup = 4 fluid ounces

16 tablespoons = 1 cup = 8 fluid ounces

2 cups = 1 pint = 16 fluid ounces

2 pints = 4 cups = 1 quart

2 quarts = $\frac{1}{2}$ gallon = 64 fluid ounces

4 quarts = 1 gallon = 128 fluid ounces

16 ounces = 1 pound



bettycrocker.com