Kitchen Conversions

Pinch = less than 1/8 teaspoon

Dash = 1/8 teaspoon

1 ½ teaspoons = ½ tablespoon

3 teaspoons = 1 tablespoon

4 tablespoons = ¼ cup

8 tablespoons = ½ 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 = ½ gallon = 64 fluid ounces

4 quarts = 1 gallon = 128 fluid ounces

16 ounces = 1 pound

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