

MEASURING EQUIVALENTS



MEASURING EQUIVALENTS		
1 Tablespoon	=	3 Teaspoons
1/8 Cup	=	2 Tablespoons
1/4 Cup	=	4 Tablespoons
1/3 Cup	=	5 Tablespoons + 1 Teaspoon
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	=	1 Cup
1 Pint	=	2 Cups
1 Quart	=	2 Pints
4 Cups	=	1 Quart
1 Gallon	=	4 Quarts
16 Ounces	=	1 Pound

