

Common Measurement Equivalents

Dry Ingredients

Liquid Ingredients

Tablespoon = TBS teaspoon = tsp. ounce = oz quarts = qt

Dash = less than $\frac{1}{4}$ tsp or 1 shake of salt or other seasoning

Pinch amount picked up between first finger & thumb

1 TBS = 3 tsp.

1 TBS = $\frac{1}{2}$ oz

1 $\frac{1}{2}$ TBS = 1 TBS + 1 $\frac{1}{2}$ tsp

2 TBS = 1 oz

1 $\frac{1}{2}$ TBS = 4 $\frac{1}{2}$ tsp.

$\frac{1}{4}$ cup = 2 oz or 4 TBS

2 TBS = $\frac{1}{8}$ cup

$\frac{1}{3}$ cup = 2 $\frac{2}{3}$ oz. or 5 $\frac{1}{3}$ TBS

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

$\frac{1}{2}$ cup = 4 oz. or 8 TBS

5 $\frac{1}{3}$ TBS = $\frac{1}{3}$ cup

1 cup = 8 oz or 16 TBS

5 $\frac{1}{3}$ TBS = 5 TBS + 1 tsp.

2 cups = 16 oz or 1 pint

$\frac{1}{3}$ cup = 5 TBS + 1 tsp

4 cups = 32 oz or 1 qt or 1 liter

$\frac{1}{3}$ cup = 5 TBS + 1 tsp

6 TBS = $\frac{3}{8}$ cup

$\frac{3}{8}$ cup = $\frac{1}{4}$ cup + 2 TBS

8 TBS = $\frac{1}{2}$ cup

$\frac{5}{8}$ cup = $\frac{1}{2}$ cup + 2 TBS

$\frac{2}{3}$ cup = 10 TBS + 2 tsp

12 TBS = $\frac{3}{4}$ cup $\frac{7}{8}$ cup = 1 cup less 2 TBS

16 TBS = 1 cup

2 cups = 1 pint

2 pints = 1 qt

4 cups = 1 qt

4 qts = 1 gal