

# basic cooking conversion chart



## US Dry Volume Measurements

1/16 teaspoon = a dash

1/8 teaspoon = a pinch

3 teaspoons = 1 Tablespoon

1/4 cup = 4 Tablespoons

1/3 cup = 5 Tablespoons + 1 teaspoon

1/2 cup = 8 Tablespoons

3/4 cup = 12 Tablespoons

1 cup = 16 Tablespoons

1 Pound = 16 ounces

## US Liquid Volume Measurements

8 Fluid ounces = 1 cup

1 Pint = 2 cups (= 16 fluid ounces)

1 Quart = 2 Pints (= 4 cups)

1 Gallon = 4 Quarts (= 16 cups)

