

Measurements and Equivalents

Teaspoons - Tablespoons - Cups

3 teaspoons	is equal to:	1 tablespoon
2 tablespoons	is equal to:	1/8 cup
4 tablespoons	is equal to:	1/4 cup
5 tablespoons + 1 teaspoon	is equal to:	1/3 cup
8 tablespoons	is equal to:	1/2 cup
12 tablespoons	is equal to:	3/4 cup
16 tablespoons	is equal to:	1 cup

Ounces - Pounds - Cups

1 ounce	is equal to:	2 tablespoons liquid
4 ounces	is equal to:	1/2 cup
8 ounces	is equal to:	1 cup
16 ounces	is equal to:	1 pound
2 cups liquid	is equal to:	1 pound
2 cups sugar	is equal to:	1 pound
2 2/3 cups confectioner's sugar	is equal to:	1 pound
2 1/4 cups packed brown sugar	is equal to:	1 pound
4 cups sifted flour	is equal to:	1 pound

Cups - Pints - Quarts

2 cups	is equal to:	1 pint
5/8 cup	is equal to:	1/2 cup + 2 tablespoons
7/8 cup	is equal to:	3/4 cup + 2 tablespoons
1 pound butter	is equal to:	2 cups
2 pints	is equal to:	1 quart
1 quart	is equal to:	4 cups

Liquid Measurements

1 gallon	is equal to:	4 quarts
1 quart	is equal to:	2 pints
1 pint	is equal to:	2 cups
1 cup	is equal to:	8 fl oz
1 tablespoon	is equal to:	1/2 fl oz
1 teaspoon	is equal to:	1/3 tablespoon