

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 |