

# COOKING MEASUREMENT

RECIPE MEASUREMENT	WHAT IT EQUALS
a pinch/dash	less than 1/2 teaspoon
3 teaspoons	1 tablespoon
1/4 cup	4 tablespoons
1/3 cup	5 tablespoons + 1 teaspoon
1/2 cup	8 tablespoons
2/3 cup	10 tablespoons + 2 teaspoons
1/2 pint	1 cup
1 cup (dry ingredients)	16 tablespoons
1 cup (liquid)	8 ounces
2 cups (liquid)	1 pint or 1/2 quart
4 cups (liquid)	1 quart
4 cups (liquid)	1 quart
4 quarts (liquid)	1 gallon
8 ounces	1/2 pound
16 ounces	2 pints or 1/2 quart liquid
16 ounces	1 pound
32 ounces	1 quart
64 ounces	1/2 gallon
1 liter	1.06 quarts