

KITCHEN CHEAT SHEET

1 Gallon:

4 quarts
8 pints
16 cups

½ Cup:

4 ounces
8 tbsp
24 tsp

1 Quart:

2 pints
4 cups
32 ounces

¼ Cup:

2 ounces
4 tbsp
12 tsp

1 Pint:

2 cups
16 ounces

1 Tbsp:

½ ounce
3 tsp

1 Cup:

8 ounces
16 tbsp
48 tsp

1 Pinch:

⅛ tsp (dry)

1 Dash:

3 drops or ¼ tsp (wet)