



Food Típtionary # 1

Measurement Equivalents Print or save a tree and refer to onthegobites.com/measurement-equivalents

Dry Measures:

1 pinch = 1/8 teaspoon, approximately

1/2 tablespoon = 1 1/2 teaspoons

3 teaspoons = 1 tablespoon

1/4 cup = 4 tablespoons

1/3 cup = 5 tablespoons + 1 teaspoon

3/8 cup = 6 tablespoons

1/2 cup = 8 tablespoons

2/3 cup = 10 tablespoons + 2 teaspoons

3/4 cup = 12 tablespoons

1 cup = 16 tablespoons

4 cups = 1 quart

Liquid Measures:

1 dash = a few drops, approximately

1 tablespoon = 3 teaspoons or 1/2 fluid ounce

1 fluid ounce = 2 tablespoons

1 jigger = 3 tablespoons or 1 1/2 fluid ounces

1/4 cup = 4 tablespoons or 2 fluid ounces

1/2 cup = 8 tablespoons or 4 fluid ounces

1 cup = 16 tablespoons or 8 fluid ounces

1 pint = 2 cups or 16 fluid ounces

1 quart = 2 pints or 32 fluid ounces

1 gallon = 4 quarts or 64 fluid ounces