



Kitchen Equivalency Chart



A pinch = 1/8 tsp. or less

3 tsp = 1 Tbsp.

2 Tbsp. = 1/8 cup

4 Tbsp. = 1/4 cup

16 Tbsp. = 1 cup

5 Tbsp. + 1 tsp = 1/3 cup

4 oz. = 1/2 cup

8 oz. = 1 cup

16 oz. = 1 lb

1 oz. = 2 Tbsp. liquid

1 cup liquid = 1/2 pt.

2 cups liquid = 1 pt.

4 cups liquid = 1 qt.

1 qt. = 4 cups

4 qts. = 1 gallon