

## Measuring Equivalents

**1 TABLESPOON = 3 TEASPOONS**

**1/8 CUP = 2 TABLESPOONS**

**1/4 CUP = 4 TABLESPOONS**

**1/3 CUP = 5 TABLESPOONS  
+1 TEASPOON**

**1/2 CUP = 8 TABLESPOONS**

**2/3 CUP = 10 TABLESPOONS  
+2 TEASPOONS**

**3/4 CUP = 12 TABLESPOONS**

**1 CUP = 48 TEASPOONS**

**1 CUP = 16 TABLESPOONS**

**8 FLUID OUNCES = 1 CUP**

**1 PINT = 2 CUPS**

**1 QUART = 2 PINTS**

**4 CUPS = 1 QUART**

**1 GALLON = 4 QUARTS**

**16 OUNCES = 1 POUND**

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