

Measurement Guide

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Pinch = 1/16 teaspoon
Dash = 1/8 teaspoon or less
3 teaspoons = 1 tablespoon
2 teaspoons = 1/8 cup or 1 ounce
4 tablespoons = 1/4 cup
5 1/3 tablespoons = 1/3 cup
8 tablespoons = 1/2 cup
16 tablespoons = 1 cup
1 cup = 8 fluid ounces
2 cups = 1 pint = 16 fluid ounces
4 cups = 2 pints = 1 quart = 32 fluid ounces
2 quarts = 1/2 gallon = 1.89 liters

4 quarts = 1 gallon
1 ounce = 28.35 grams
1 liter = 1.06 quarts

oz. = ounce or ounces
c. = cup
pt. = pint
qt. = quart
T. = Tbsp. = tablespoon
t. = tsp. = teaspoon
g. = gram or grams
lb. = pounds

Use for liquid
ingredients

Use for dry
ingredients



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