

# Chef Solus'

## Measurement Table for Cooking



### Cooking Measurement Equivalents

#### Measuring Liquids like water and milk

1 tablespoon = (Tbsp) 3 teaspoons

1/16 cup = 1 tablespoon

1/8 cup = 2 tablespoons

1/6 cup = 2 tablespoons + 2 teaspoons

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

1 cup = 48 teaspoons

1 cup = 8 fluid ounces (fl oz)

2 cups = 1 pint

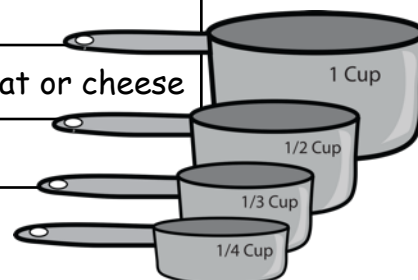
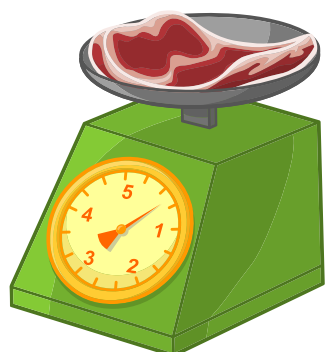
2 pints = 1 quart

4 cups = 1 quart

4 quarts = 1 gallon (gal)

#### Measuring the weight of foods like meat or cheese

16 ounces (oz) = 1 pound (lb)



Source: United States Dept. of Agriculture (USDA).