

Kitchen Equivalency Chart

Measurement	Equal to....
A Pinch	1/8 t or less
3 teaspoons	1 Tablespoon
2 Tablespoons	1/8 cup
4 Tablespoons	¼ cup
16 Tablespoons	1 cup
5 Tablespoons + 1 teaspoon	1/3 cup
4 ounces	½ cup
8 ounces	1 cup
16 ounces	1 pound
1 ounce	2 Tablespoons fat or liquid
1 cup of liquid	½ pint
2 cups of liquid	1 pint
2 pints	1 quart
4 cups of liquid	1 quart
1 quart	4 cups
4 quarts	1 gallon
8 quarts	1 peck
1 jigger	1 ½ fluid ounces or 3 Tablespoons