

Conversions and Equivalents

Cooking Measurement Conversions	Liquid Conversions
<p>1 Cup = 16 Tablespoons or 48 tsp. 3/4 Cup = 12 Tablespoons 2/3 Cup = 10 Tablespoons + 2 tsp. 1/2 Cup = 8 Tablespoons 1/3 Cup = 5 Tablespoons + 1 tsp. 1/4 Cup = 4 Tablespoons 1/8 Cup = 2 Tablespoons 1 Tablespoon = 3 tsp.</p> <p>1 Pint = 2 Cups</p> <p>1 Quart = 2 Pints or 4 Cups</p>	<p>2 Tablespoons = 1 ounce 1/4 Cup = 2 ounces 1/3 Cup = 2-2/3 ounces 1/2 Cup = 4 ounces 2/3 Cup = 5-1/3 ounces 3/4 Cup = 6 ounces 1 Cup = 8 ounces 1-1/4 Cup = 10 ounces 1-1/3 Cup = 10-2/3 ounces 1-1/2 Cup = 12 ounces 1-2/3 Cup = 13-1/3 ounces 1-3/4 Cup = 14 ounces 2 Cup = 1 Pint = 16 ounce</p>
Temperature Fahrenheit (F) = Celsius (C)	Metric to US Conversions
<p>-10°F = -233°C (freezer storage) 32°F = 0°C (water freezes) 68°F = 20°C (room temperature) 205°F = 96.1°C (water simmers) 212°F = 100°C (water boils)</p>	<p>1 millimeter = 1/5 teaspoon 15 millimeters = 1 tablespoon 30 millimeters = 1 fluid ounce 100 millimeters = 3.4 fluid ounces 237 millimeters = 1 cup 1 liter = 4.2 cups</p>

