Cooking CONVERSION CHART

1/8 teaspoon (t)	a pinch
3 teaspoons (t)	1 tablespoon (T)
1/4 cup	4 tablespoons
1 cup	16 tablespoons
8 fluid ounces (fl oz)	1 cup
1 pint (pt)	2 cups
1 quart (qt)	2 pints
4 cups	1 quart
4 quarts	1 gallon (gal)
16 ounces (oz)	1 pound (lb)

emeals™
WWW.EMEALS.COM