

Cooking Measurement Conversions

U.S. Cooking Conversions	Equivalent
3 tsp	1 Tbsp
1 Tbsp	0.5 fl oz
16 Tbsp	1 cup
48 tsp	1 cup
1 cup	8 fl oz
2 cups	1 pint (pt)
1 pint	16 fl oz
2 pints	1 quart (qt)
1 quart	32 fl oz
4 quarts	1 gallon (gal)
1 gallon	128 fl oz

Metric Conversions for Cooking	Approx.
1 tsp	5 mL
1 Tbsp	15 mL
1 fl oz	30 mL
1/4 cup	60 mL
1/2 cup	120 mL
1 cup	240 mL
1 pint	480 mL
1 quart	946 mL
1 gallon	3.785 L

Temperature Conversions

Conversion	Formula
Celsius → Fahrenheit	$^{\circ}\text{F} = (^{\circ}\text{C} \times 9/5) + 32$
Fahrenheit → Celsius	$^{\circ}\text{C} = (^{\circ}\text{F} - 32) \times 5/9$