



## *Pantry Cheat Sheet: Kitchen Measurement Equivalents*

 <b>Cups</b>	 <b>Tablespoons</b>	 <b>Teaspoons</b>	 <b>Fluid Ounces</b>
1 cup	16 Tbsp	48 tsp	8 oz
3/4 cup	12 Tbsp	36 tsp	6 oz
2/3 cup	10.6 Tbsp	32 tsp	5 1/3 oz
1/2 cup	8 Tbsp	24 tsp	4 oz
1/3 cup	5.3 Tbsp	16 tsp	2 2/3 oz
1/4 cup	4 Tbsp	12 tsp	2 oz
1/8 cup	2 Tbsp	6 tsp	1 oz
1/16 cup	1 Tbsp	3 tsp	1/2 oz