



CUPS	FLUID OZ	TABLESPOONS	TEASPOONS	MILLILETERS
1 cup	8 oz.	16 TBSP.	48 tsp.	237 ml
3/4 cup	6 oz.	12 TBSP.	36 tsp.	177 ml
2/3 cup	5 oz.	11 TBSP.	32 tsp.	158 ml
1/2 cup	4 oz.	8 TBSP.	24 tsp.	118 ml
1/3 cup	3 oz.	5 TBSP.	16 tsp.	79 ml
1/4 cup	2 oz.	4 TBSP.	12 tsp.	59 ml
1/8 cup	1 oz.	2 TBSP.	6 tsp.	30 ml
1/16 cup	1/2 oz.	1 TBSP.	3 tsp.	15 ml

EQUIVALENTS	
1 cup	1/2 pint
2 cups	1 pint
4 cups	1 quart
2 pints	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound

APPROXIMATE EQUIVALENTS	
Butter to Shortening	1 lb. = 2 cups
Cheese	4 oz. = 1 shredded cup
Coffee beans to ground	1 lb. = 80 TBSP
Fresh herbs to dry	1 Tbsp. fresh = 1 tsp. dry
Marshmallows	1 large = 10 mini
Sugar, confectioners	1 lb. = about 4 cups
Sour cream to Yogurt	1 cup = 1 cup + 1 tsp.
Eggs to Applesauce	1 egg = 1/4 cup

INTERNAL TEMPERATURES	
Beef - Rare	140° F
Beef - Medium	160° F
Beef - Well	170° F
Chicken	165° F
Pork	145° F + 3 min rest
Turkey	165° F
Lamb	145° F
Fish	145° F