

## Cooking Conversion Chart

1 cup = 16 tablespoons	4 tablespoons = 12 teaspoons	1 pint = 2 cups
3/4 cup = 12 tablespoons	3 tablespoons = 9 teaspoons	1 pint = 16 fluid ounces
1/2 cup = 8 tablespoons	2 tablespoons = 6 teaspoons	1 quart = 2 pints
1/4 cup = 4 tablespoons	1 tablespoon = 3 teaspoons	1 gallon = 4 quarts