

Cups	Tablespoons	Teaspoons
1 Cup	16 Tbl	48 tsp
3/4 Cup	12 Tbl	36 tsp
2/3 Cup	10 Tbl + 2 tsp	32 tsp
1/2 Cup	8 Tbl	24 tsp
1/3 Cup	5 Tbl + 1 tsp	16 tsp
1/4 Cup	4 Tbl	12 tsp
1/8 Cup	2 Tbl	6 tsp
1/16 Cup	1 Tbl	3 tsp

1 gallon = 4 quarts = 8 pints = 16 cups = 128 oz
 1 quart = 2 pints = 4 cups = 32 oz
 1 pint = 2 cups = 16 oz
 1 cup = 8 oz

Courtesy of: TheMakeYourOwnZone.com

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