



Kitchen Cheat Sheet

Measurements

Cup	Fluid Ounces	Tablespoons	Teaspoons
1	8 oz	16 T	48 tsp
3/4	6 oz	12 T	36 tsp
2/3	5 oz	11 T	32 tsp
1/2	4 oz	8 T	24 tsp
1/3	3 oz	5 T	16 tsp
1/4	2 oz	4 T	12 tsp
1/8	1 oz	2 T	6 tsp
1/16	1/2 oz	1 T	3 tsp

Making 1/2 a Recipe

If the recipe calls for:

Use:

1/4 cup	2 Tablespoons
1/3 cup	2 Tablespoons + 2 teaspoons
1/2 cup	1/4 cup
2/3 cup	1/3 cup
3/4 cup	6 Tablespoons
1 Tablespoon	1 1/2 teaspoons
1 teaspoon	1/2 teaspoon
1/2 teaspoon	1/4 teaspoon

Recommended Cooking Temps

Beef	145-170 degrees F
Ground Meats	160 degrees F
Pork	160-170 degrees F
Poultry	165 degrees F