

Kitchen Conversions

1 gallon

4 quarts
8 pints
16 cups
128 oz.
3.8 liters

1 quart

2 pints
4 cups
32 oz.
.95 liters

1 pint

2 cups
16 oz.
480 mL.

.5 oz.
15 mL.
3 tsp.

1 tbsp

1/4 cup

2 oz.
60 mL.
4 tbsp.
12 tsp.

1 cup

8 oz.
240 mL.
16 tbsp.
48 tsp.

temperature

°F	250	300	325	350	400	450
°C	120	150	160	175	200	230