



Kitchen Cheat Sheet



Cup	Fluid Ounces	Tablespoons	Teaspoons
1 cup	8 ounces	16 Tbsp.	48 tsp
3/4 cup	6 ounces	12 Tbsp.	36 tsp
2/3 cup	5 ounces	11 Tbsp.	32 tsp
1/2 cup	4 ounces	8 Tbsp.	24 tsp
1/3 cup	3 ounces	5 Tbsp.	16 tsp
1/4 cup	2 ounces	4 Tbsp.	12 tsp
1/8 cup	1 ounces	2 Tbsp.	6 tsp

1 Gallon =	4 quarts	8 pints	16 cups
1 Quart =	2 pints	4 cups	32 oz.
1 Pint =	2 cups	16 oz.	480 ml

1 pound =	16 ounces
3/4 pound =	12 ounces
2/3 pound =	11 ounces
1/2 pound =	8 ounces
1/3 pound =	5 ounces
1/4 pound =	4 ounces
1/8 pound =	2 ounces
1/16 pound =	1 ounce

Amount	Ingredient	Substitution
1 teaspoon	Baking Powder	1/4 tsp baking soda plus 1/2 tsp cream of tartar
1 cup	Beef or chicken broth	1 bouillon cube plus one cup boiling water OR 1 Tbsp. soy sauce plus 1 cup boiling water
1 cup	Buttermilk	1 cup yogurt OR 1 Tbsp. lemon juice or vinegar with enough milk to make one cup
1 cup	Corn Syrup	1 cup honey
1 Tablespoon	Fresh Herbs	1 teaspoon dried herb
1 cup	Ketchup	1 cup tomato sauce with 1 tsp sugar and 1 tsp vinegar
1 cup	Mayonnaise	1 cup sour cream OR 1 cup plain yogurt
1 cup	Whole Milk	2/3 cup evaporated milk with 1/3 cup water
1 cup	Baking Mix	1 cup pancake mix
1 cup	Cake Flour	1 cup all-purpose flour with 2 tablespoons removed and replaced with 2 tablespoons of cornstarch
1 teaspoon	Cream of Tartar	2 teaspoons of either lemon juice or vinegar
1 teaspoon	Hot Sauce	3/4 tsp cayenne pepper plus 1 tsp vinegar