

Kitchen Cheat Sheet



1/8 TBSP	=	1 Pinch
1 TSP	=	8 Pinches
1 TBSP	=	3 TSP
1 Fluid Ounce	=	2 TBSP
1/8 Cup	=	2 TBSP
1/4 Cup	=	4 TBSP
1/3 Cup	=	5 TBSP + 1 TSP
1/2 Cup	=	8 TBSP
1 Cup	=	16 TBSP
2 Cups	=	1 Pint
1 Quart	=	4 Cups
1 Gallon	=	4 Quarts

Butter Conversions

1/8 Stick	=	1 T
1/4 Stick	=	2 T
1/2 Stick	=	1/4 Cup
1 Stick	=	1/2 Cup



Slow Cooker Conversion

Oven or Stove Top
Cooking Time
15-30 minutes =

Low
4-6 hours

High
1.5-2.5 Hours

Oven or Stove Top
Cooking Time
35-40 minutes =

Low
6-8 Hours

High
3-4 Hours

Oven or Stove Top
Cooking Time
50 mins- 3 Hours =

Low
8-10 Hours

High
4-6 Hours