



Equivalent Measures:

1 stick of butter = $\frac{1}{4}$ pound = $\frac{1}{2}$ cup = 8 tablespoons
4 cups = 32 ounces = 1 quart
2 cups = 16 ounces = 1 pint
1 cup = 8 ounces = 16 tablespoons = 48 teaspoons
 $\frac{3}{4}$ cup = 6 ounces = 12 tablespoons = 36 teaspoon
 $\frac{2}{3}$ cup = $5 \frac{1}{3}$ ounces = $10 \frac{2}{3}$ tablespoons = 32 teaspoon
 $\frac{1}{2}$ cup = 4 ounces = 8 tablespoons = 24 teaspoon
 $\frac{1}{3}$ cup = $2 \frac{2}{3}$ ounces = $5 \frac{1}{3}$ tablespoons = 16 teaspoon
 $\frac{1}{4}$ cup = 2 ounces = 4 tablespoons = 12 teaspoon
 $\frac{1}{8}$ cup = 1 ounce = 2 tablespoons = 6 teaspoon
1 tablespoon = 3 teaspoon
3 teaspoons = 1 tablespoon
dash = less than $\frac{1}{8}$ teaspoon