**Kitchen Equivalents**

1 cup = 8 oz.

1 cup = 16 T.

1 T. = 3 t.

1 stick of butter = 8T.

A dash = less than 1/8 teaspoon

1 pint = 2 c.

1 pint = 16 oz.

1 quart = 4 c.

1 quart = 32 oz.

1 gal. = 4 quarts