

LEDUC BLUEBERRIES

Kitchen Conversions

1 Cup = 1/2 Pt
2 Cups = 1 Pt
2 Pints = 1 Qt
4 Quarts = 1 Gal

Useful Facts to Know

Pint = about 3/4lb, 2-1/2 cups

Quart = about 1-1/2 lbs, 4 cups

2lb box = about 1-1/2 quarts or 3.8 cups

5lb box = about 3 quarts or 20 cups

10lb box = about 6-1/2 quarts or 40 cups

Teaspoon = t, tsp.
Tablespoon = T.,
Tbsp.
Cup = C.
Pint = Pt.
Quart = Qt.
Gallon = Gal.
Ounce = oz.
Pound = Lb., #
Dozen = Doz.
Package = Pkg.

1 CUP =
8 oz or
16 Tbsp

1 Lb =
16 oz or
32 Tbsp

2 Tbsp = 1 oz
1/4 Cup = 2 oz
1/2 Cup = 4 oz
1 Cup = 8 oz
1 Pint (2 C) = 16 oz
1 Quart (4 C) = 32 oz
1 Gallon (16 C) = 128 oz

A "pinch" or "dash" =
1/8 tsp or less

1 Tbsp = 3 Tsp
2 Tbsp = 1/8 Cup
4 Tbsp = 1/4 Cup
5-1/3 Tbsp = 1/3 Cup
8 Tbsp = 1/2 Cup