

# MEASURE EQUIVALENTS

# CUP = # FLUID OZ = # TBSP = # TSP

1 CUP = 8 FL OZ = 16 TBSP = 48 TSP

$\frac{3}{4}$  CUP = 6 FL OZ = 12 TBSP = 36 TSP

$\frac{2}{3}$  CUP = 5 FL OZ = 11 TBSP = 32 TSP

$\frac{1}{2}$  CUP = 4 FL OZ = 8 TBSP = 24 TSP

$\frac{1}{3}$  CUP = 3 FL OZ = 5 TBSP = 16 TSP

$\frac{1}{4}$  CUP = 2 FL OZ = 4 TBSP = 12 TSP

$\frac{1}{8}$  CUP = 1 FL OZ = 2 TBSP = 6 TSP

$\frac{1}{16}$  CUP = 0.5 FL OZ = 1 TBSP = 3 TSP



## A few thoughts on measurements !



I learned early on in my career that the most accurate weigh to make or create a recipe was to measure each ingredient. By doing so, will give you consistency each and every time you make a recipe.



Measuring also allows you to increase or decrease depending on your needs

There is a saying that says; a pound is a pound the world around, but there is a difference between weight and volume.

As you will see on the next page different ingredients have different weights, so even though a pound will always weigh 16 oz, a cup can have different weights depending on the ingredient.



# WEIGHT-VOLUME

## BREAD FLOUR

### SIFTED

1 LB = 4 CUPS

1 CUP = 4 OZ

### UNSIFTED

1 LB = 3 1/3 CUPS

1 CUP = 4.75 OZ

## CAKE FLOUR

### SIFTED

1 LB = 4 1/4 CUPS

1 CUP 3.75 OZ

### UNSIFTED

1 LB 3 1/2 CUPS

1 CUP 4.5 OZ

## GRANULATED SUGAR

1 LB = 2 1/4 CUPS

1 CUP = 7 OZ

## POWERED SUGAR SIFTED

1 LB = 4 CUPS

1 CUP = 4 OZ

### UNSIFTED

1 LB = 3 1/2 CUPS

1 CUP = 4.5 OZ

## BAKING SODA / BAKING POWDER

1 OZ = 2 TBSP

1/4 OZ = 1 1/2 TSP

1 TBSP = 0.5 OZ

1 TSP = 0.17 OZ

## SALT

1 OZ = 5 TSP

1/4 OZ = 1 1/4 TSP

1 TSP = 0.06 OZ

## GROUND SPICES

1 OZ = 14 TSP

1/4 OZ 3 1/2 TSP

1 TSP 0.07

