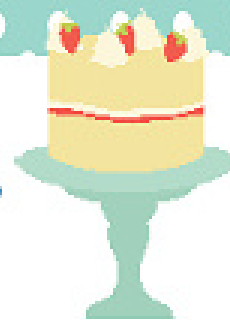




# Kitchen Cheat Sheet

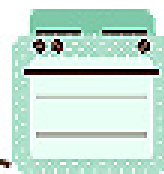


- 1/8 Teaspoon = 1 pinch
- 1 Teaspoon = 8 pinches
- 1 Tablespoon = 3 teaspoons
- 1 Fluid Ounce = 2 tablespoons
- 1/8 Cup = 2 tablespoons
- 1/4 Cup = 4 tablespoons
- 1/3 Cup = 5 tablespoons + 1 tsp
- 1/2 Cup = 8 tablespoons
- 1 Cup = 16 tablespoons
- 2 Cups = 1 pint
- 1 Quart = 4 cups
- 1 Gallon = 4 quarts

## Butter Conversions

- 1/8 stick = 1T
- 1/4 stick = 2T
- 1/2 stick = 1/4 cup
- 1 stick = 1/2 cup

## Slow Cooker Conversions



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 hrs



Low  
8-10 hours

High  
4-6 hours

