

KITCHEN CONVERSIONS

Cups to Tablespoons to Teaspoons

1 cup = 16 tablespoons = 48 teaspoons

$\frac{3}{4}$ cup = 12 tablespoons = 36 teaspoons

$\frac{1}{2}$ cup = 8 tablespoons = 24 teaspoons

$\frac{1}{4}$ cup = 4 tablespoons = 12 teaspoons

$\frac{1}{8}$ cup = 2 tablespoons = 6 teaspoons

Tablespoons to Teaspoons to Dashes

1 tablespoon = 3 teaspoons = 24 dashes

$\frac{3}{4}$ tablespoon = $2 \frac{1}{4}$ teaspoons = 18 dashes

$\frac{1}{2}$ tablespoon = $1 \frac{1}{2}$ teaspoons = 12 dashes

$\frac{1}{3}$ tablespoon = 1 teaspoon = 8 dashes

$\frac{1}{4}$ tablespoon = $\frac{3}{4}$ teaspoon = 6 dashes

Teaspoons to Dashes to Pinches

1 teaspoon = 8 dashes = 16 pinches

$\frac{1}{2}$ teaspoon = 4 dashes = 8 pinches

$\frac{1}{4}$ teaspoon = 2 dashes = 4 pinches

$\frac{1}{8}$ teaspoon = 1 dash = 2 pinches