

Kitchen Cheat Sheet






CUP EQUIVALENTS



CUPS	FL OZ.	ML
1	8	240
3/4	6	180
1/2	4	120
1/3	2.7	80
1/4	2	60

SPOON EQUIVALENTS

	1 Tsp.	1 Tbsp.
fl. oz	0.17	0.5
ml	5	15
		
	1 Tbsp.	= 3 Tsp.

TEMPERATURE CONVERSION

$$^{\circ}\text{F} - 32 \div 1.8 = ^{\circ}\text{C}$$

$$^{\circ}\text{C} \times 1.8 + 32 = ^{\circ}\text{F}$$

SAFE COOKING TEMPERATURES FOR MEAT

MEAT	TEMPERATURE ($^{\circ}\text{F}$)
Chicken	165
Ground Beef	160
Ham	145
Lamb	145
Steak	145
Turkey	165



1 GALLON

1 QUART

1 PINT

= 4 qts.

= 8 pts.

= 2 pts.

= 16 cups

= 4 cups

= 2 cups

= 128 fl.oz

= 32 fl. oz

= 16 fl. oz

= 3.8 liters

= .95 liters

= 480 ml