

Cooking Cheat Sheet: Cooking Abbreviations, Measure Equivalents & Substitutions

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Cooking Abbreviation for Unit of Measurement

C = cup

L = liter

Lb. = pound

Oz. = ounce

Tsp = teaspoon

Tbsp. = tablespoon

° F = degree fahrenheit



Measure Equivalents

Cup	Fluid Ounces	Tablespoon	Teaspoon
1 cup	8 oz.	16 tbsp.	48 tsp
3/4 cup	6 oz.	12 tbsp.	36 tsp
2/3 cup	5 1/3 oz.	10 tbsp. + 2 tsp	32 tsp
1/2 cup	4 oz.	8 tbsp.	24 tsp
1/3 cup	2 2/3 oz.	5 tbsp. + 1tsp	16 tsp
1/4 cup	2 oz.	4 tbsp.	12 tsp
1/8 cup	1 oz.	2 tbsp.	6 tsp
1/16 cup	1/2 oz.	1 tbsp.	3 tsp

Substitutions for your recipes:

- 1 cup of oil = 1/2 lb. of butter
- 1 tsp of dry herbs = 1 tbsp. of fresh herbs
- 1 clove of fresh garlic = 1/2 tsp of garlic flakes = 1/8 tsp of garlic powder
- 1 cup of sugar = 1 cup packed brown sugar
- 1 cup of honey = 1 1/4 cup of sugar + 1/4 cup of water
- 1 cup of half and half = 1 tbsp. of butter + 1 cup of milk
- 1 1/2 cups of tomato sauce = 3/4 cup of tomato paste + 1 cup of water
- 1 cup catsup (for use in cooking)= 1 cup tomato sauce, 1/2 cup sugar, and 2 tablespoons vinegar
- 1 cup chili sauce: = 1 cup tomato sauce, 1/4 cup brown sugar, 2 tablespoons vinegar, 1/4 teaspoon cinnamon, dash of ground cloves and dash of allspice.

Spices & More! Easy, Tasty & Affordable recipes

A cookbook by Elisabeth Lendal, Girl Scout Gold Award 2018