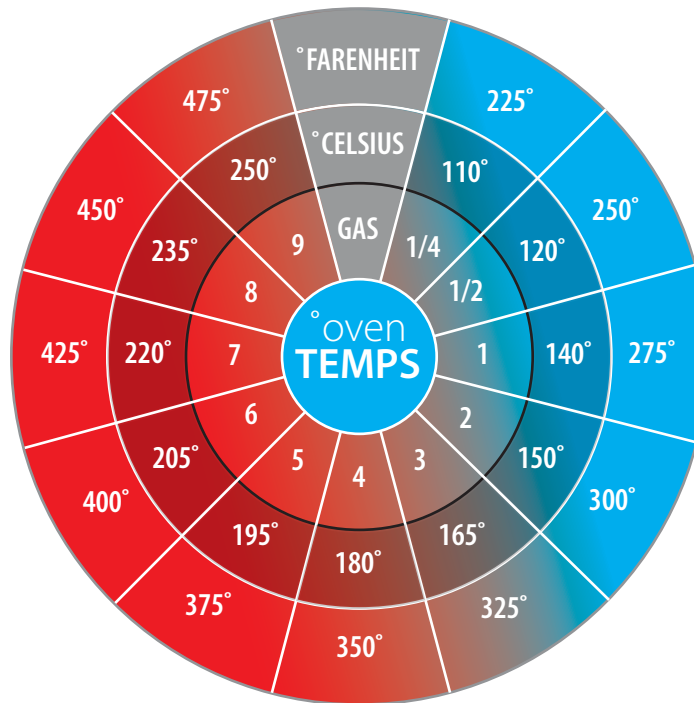


# KITCHEN cheat sheet

measurements + temperatures



## WATER

boils at:  
**100°C 212°F**  
freezes at:  
**0°C 32°F**

## CUP to TABLESPOON to TEASPOON to MILLILITRES

1 cup = 16 Tbsp = 48 tsp = 240 ml  
3/4 cup = 12 Tbsp = 36 tsp = 180 ml  
2/3 cup = 11 Tbsp = 32 tsp = 160 ml  
1/2 cup = 8 Tbsp = 24 tsp = 120 ml  
1/3 cup = 5 Tbsp = 16 tsp = 80 ml  
1/4 cup = 4 Tbsp = 12 tsp = 60 ml  
1 Tablespoon = 3 tsp = 15ml  
1 teaspoon = 5ml

## CUP to FLUID OUNCES

1 cup = 8 fl oz  
3/4 cup = 6 fl oz  
2/3 cup = 5 fl oz  
1/2 cup = 4 fl oz  
1/3 cup = 3 fl oz  
1/4 cup = 2 fl oz