

CHEAT SHEET

Kitchen CONVERSION

GALLON

4 QUARTS
8 PINTS
16 CUPS
128 OUNCES
2.8 LITERS

QUART

2 PINTS
4 CUPS
32 OUNCES
950 ML

PINT

2 CUPS
16 OUNCES
480 ML

CUP

16 TBSP
8 OUNCES
240 ML

1/2 CUP

8 TBSP
4 OUNCES
120 ML

OUNCE

2 TBSP
30 ML

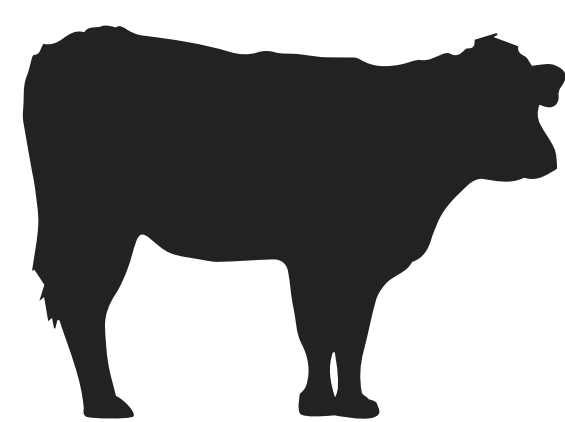
TABLESPOON

3 TSP
1/2 OUNCE
15 ML

TEASPOON

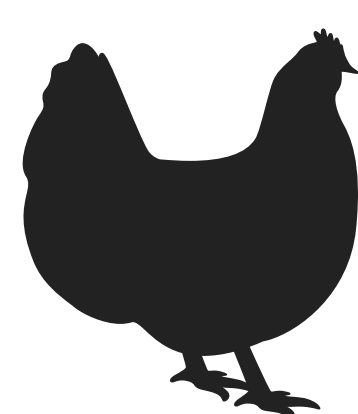
5 ML

TEMPERATURES



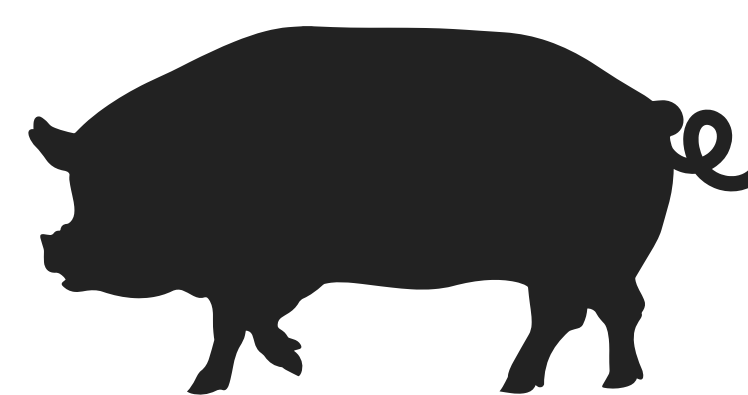
BEEF

125°F - RARE
135°F - MED. RARE
145°F - MEDIUM
155°F - MED. WELL
160°F - WELL DONE
205°F - BRISKET



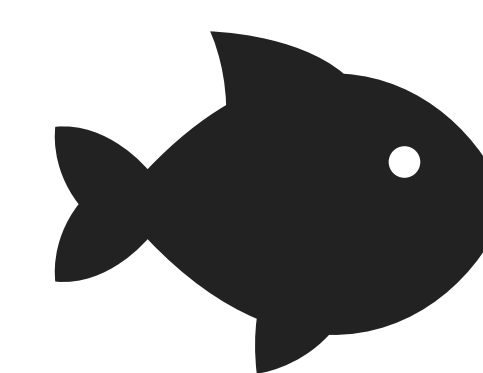
CHICKEN

165°F



PORK

145°F
205°F - PULLED



FISH

145°F