

Measurements & Substitutions Chart

Measurements

a Pinch	1/8 tsp. or less
3 tsp.	1 Tbs.
4 Tbs.	1/4 cup
8 Tbs.	1/2 cup
12 Tbs.	3/4 cup
16 Tbs.	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 oz.	1 lb.
32 oz.	1 quart
8 oz. (liquid)	1 cup
1 oz. (liquid)	2 Tbs.

(For liquid and dry measurements, use standard measuring spoons and cups. All measurements are level.)

Substitutions

Ingredient	Quantity	Substitute
Flour, Self-rising	1 cup	1 cup All-purpose Flour, 1/2 tsp. Salt, & 1 tsp. Baking Powder
Cornstarch	1 Tbs.	2 Tbs. Flour or 2 tsp. Quick-cooking Tapioca
Baking Powder	1 tsp.	1/4 tsp. Baking Soda + 1/2 tsp. Cream of Tartar
Sugar, Powdered	1 cup	1 cup Granulated Sugar + 1 tsp. Cornstarch
Sugar, Brown	1/2 cup	2 Tbs. Molasses in 1/2 cup Granulated Sugar
Milk, Sour	1 cup	1 Tbs. Lemon Juice or Vinegar + Sweet Milk to make 1 cup (Let stand 5 minutes)
Milk, Whole	1 cup	1/2 cup Evaporated Milk + 1/2 cup Water
Cracker Crumbs	3/4 cup	1 cup Bread Crumbs
Chocolate (bitter)	1 square (1 oz)	3 or 4 Tbs. Cocoa + 1 Tbs. Butter
Fresh Herbs	1 Tbs.	1 tsp. Dried Herbs
Fresh Onion	1 small	1 Tbs. Instant Minced Onion, rehydrated
Dry Mustard	1 tsp.	1 Tbs. Prepared Mustard
Tomato Juice	1 cup	1/2 cup Tomato Sauce + 1/2 cup Water
Catsup or Chili Sauce	1 cup	1 cup Tomato Sauce + 1/2 cup Sugar & 2 Tbs. Vinegar (for use in cooking)
Dates (fruit)	1 lb.	1-1/2 cups Dates (pitted & cut)
Bananas (mashed)	3 medium	1 cup
Mini Marshmallows	10 mini's	1 Large Marshmallow

(In substituting Cocoa for Chocolate in cakes, the amount of Flour must be reduced.)

(Brown & White Sugars - usually may be used interchangeably.)