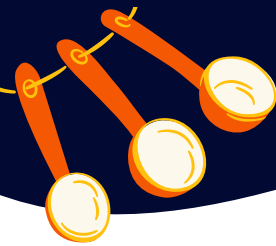


# Recipe Conversions



## VOLUME MEASUREMENTS

**1 GALLON =**

- 4 Quarts
- 8 Pints
- 16 Cups
- 128 Fluid Ounces
- 3.8 Liters

**1 QUART =**

- 1/4 Gallon
- 2 Pints
- 4 Cups
- 32 Fluid Ounces
- 0.95 Liters

**1 PINT =**

- 1/2 Quart
- 2 Cups
- 16 Fluid Ounces
- 0.48 Liters
- 480 Milliliters (mL)

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