

BUTTER CONVERSION CHART

how to measure butter

Cups	Sticks	Tablespoons	Teaspoons	Ounces	Pounds	Grams
1/4 cup	1/2 stick	4 tbsp	12 tsp	2 oz.		57 g
1/2 cup	1 stick	8 tbsp	16 tsp	4 oz.	1/4 lb	113 g
3/4 cup	1 1/2 sticks	12 tbsp	36 tsp	6 oz.		170 g
1 cup	2 sticks	16 tbsp	48 tsp	8 oz.	1/2 lb	227 g
1 1/4 cup	2 1/2 sticks	20 tbsp	60 tsp	10 oz.		284 g
1 1/2 cup	3 sticks	24 tbsp	72 tsp	12 oz.	3/4 lb	341 g
1 3/4 cup	3 1/2 sticks	28 tbsp	84 tsp	14 oz.		398 g
2 cups	4 sticks	32 tbsp	96 tsp	16 oz.	1 lb	454 g

Tablespoons	Grams	Ounces	Tablespoons	Grams	Ounces
1 tbsp	14 g	0.5 oz.	6 tbsp	85 g	3 oz.
2 tbsp	28 g	1 oz.	7 tbsp	99 g	3.5 oz.
3 tbsp	43 g	1.5 oz.	8 tbsp	113 g	4 oz.
4 tbsp	57 g	2 oz.	9 tbsp	128 g	4.5 oz.
5 tbsp	71 g	2.5 oz.	10 tbsp	142 g	5 oz.