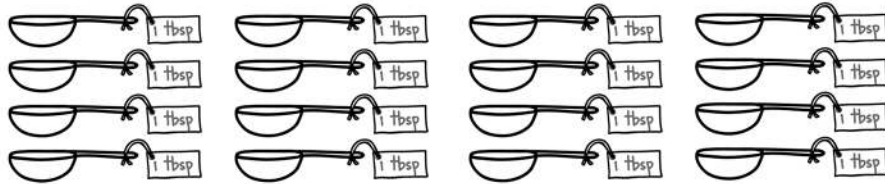
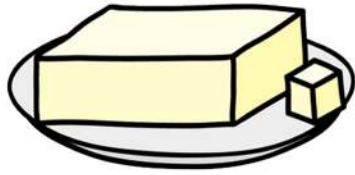


# Butter Conversion Reference Sheet

16 TABLESPOONS = 1 CUP BUTTER



*Measurements are rounded to the nearest unit.*

CUPS	STICKS	TABLESPOONS	TEASPOONS	OUNCES	GRAMS
1/16 cup	1/8 stick	1 tablespoon	3 teaspoons	1/2 ounce	14 grams
1/8 cup	1/4 stick	2 tablespoons	6 teaspoons	1 ounce	28 grams
1/4 cup	1/2 stick	4 tablespoons	12 teaspoons	2 ounces	57 grams
1/3 cup	2/3 stick	5 tablespoons + 1 teaspoon	16 teaspoons	3 ounces	76 grams
1/2 cup	1 stick	8 tablespoons	24 teaspoons	4 ounces (1/4 pound)	113 grams
2/3 cup	1 1/3 sticks	10 tablespoons + 2 teaspoons	32 teaspoons	5 ounces	151 grams
3/4 cup	1 1/2 sticks	12 tablespoons	36 teaspoons	6 ounces	170 grams
1 cup	2 sticks	16 tablespoons	48 teaspoons	8 ounces (1/2 pound)	227 grams
1 1/16 cups	2 1/8 sticks	17 tablespoons	51 teaspoons	8 1/2 ounces	241 grams
1 1/8 cups	2 1/4 sticks	18 tablespoons	54 teaspoons	9 ounces	255 grams
1 1/4 cups	2 1/2 sticks	20 tablespoons	60 teaspoons	10 ounces	284 grams
1 1/3 cups	2 2/3 sticks	21 tablespoons + 1 teaspoon	64 teaspoons	11 ounces	303 grams
1 1/2 cups	3 sticks	24 tablespoons	72 teaspoons	12 ounces (3/4 pound)	340 grams
1 2/3 cups	3 1/3 sticks	26 tablespoons + 2 teaspoons	80 teaspoons	13 ounces	378 grams
1 3/4 cups	3 1/2 sticks	28 tablespoons	84 teaspoons	14 ounces	397 grams
2 cups	4 sticks	32 tablespoons	96 teaspoons	16 ounces (1 pound)	453 grams