

# CONVERSION CHART



## Butter or Margarine to Olive Oil Conversion for Baking

<b>Butter/Margarine =</b>	<b>Olive Oil</b>
1 teaspoon	3/4 teaspoon
1 tablespoon	2 1/4 teaspoons
2 tablespoons	1 1/2 tablespoons
1/4 cup	3 tablespoons
1/3 cup	1/4 cup
1/2 cup	1/4 cup + 2 tablespoons
2/3 cup	1/2 cup
3/4 cup	1/2 cup + 1 tablespoon
1 cup	3/4 cup

### Arizona Foods Division

2540 N. 29th Avenue  
Phoenix, AZ 85009  
602.233.6400

### Colorado Foods Division

5199 Ivy Street  
Commerce City, CO 80022  
303.289.3595