

Dry Spice Conversions

Item	FL OZ per OZ	TSP per OZ	TBL per OZ
Ajwain	3.3	20	6.67
Allspice, Ground	2.4	14.3	4.75
Anise, Ground	2	12	4
Anise Seeds	2.25	13.5	4.5
Annatto Power, Achioté	1.6	9.25	3.1
Basil, Ground	3	18	6
Bay Leaves	8.35	50	16.7
Bay Leaves, Ground	2.1	12.7	4.2
Caraway, Ground	2.5	15	5
Caraway Seed	1.95	11.7	3.9
Cardamom, Ground	2.4	14.5	4.8
Cayenne	2.25	13.5	4.5
Celery Salt	.95	5.7	1.9
Celery Seed	2.1	12.6	4.2
Celery Seed, Ground	2	12	4
Chervil Leaves	7.2	43	14.3
Chili Flakes, Red	2.8	17	5.67
Chili Powder	2.1	12.75	4.25
Chinese 5 Spice	2.1	12.75	4.25
Cinnamon	1.9	11.75	3.9
Cloves, Ground	2.2	13	4.3
Cloves, Whole	2.7	16	5.3
Coriander, Ground	2.4	14.33	4.8
Coriander Seeds	3.5	21	7
Cream of Tartar	1.25	7.5	2.5
Cumin, Ground	2.4	14.2	4.7
Curry Powder	2.2	13.2	4.4
Dextrose, Powdered	1.5	9	3
Dill Seed	2.2	13	4.3
Dill Weed	4.7	28.25	9.4
Epazote	5	30	10
Fennel, Ground	2.2	12.9	4.3
Fennel Seed	2.2	13	4.3
Fenugreek Seed	1.3	7.75	2.6
Fermento	2	12	4
Garlic, Granulated	1.4	8.5	2.8
Garlic Powder	1.75	10.7	3.5
Garlic Salt	1	6	2
Ginger	2.5	14.75	4.9

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Herbs De Provence	5.5	33	11
Kosher Salt	1.3	8	2.6
Mace	2.5	14.8	4.9
Marjoram	5.7	34	11.3
Mint Leaves	15	90	30
Mustard, Ground	2.3	14	4.6
Mustard Seeds	1.25	7.5	2.5
Nutmeg	2.05	12.4	4.1
Onion Powder	2.2	12.8	4.3
Oregano Leaves	4.7	28	9.3
Paprika	2.1	12.5	4.2
Parsley Flakes	11.7	70	23.3
Pepper, Black, Coarse	2.1	12.5	4.2
Pepper, Black, Ground	2	12	4
Pepper Flakes, Red, Crushed	2.9	17	5.7
Pepper, White Ground	1.95	11.5	3.9
Peppercorns, Black	1.75	10.5	3.5
Pickling Spice	1.5	9	3
Poppy Seed	1.65	10	3.3
Pumpkin Spice	2.65	16	5.3
Rosemary, Ground	2.05	17	5.7
Rosemary, Leaves	4.5	27	9
Saffron	6.7	40	13.3
Sage, Ground	5.5	33	11
Salt, Kosher, Morton	0.9	5.5	1.8
Salt, Seasoning	.97	5.85	1.95
Salt, Table	.79	4.74	1.58
Sesame Seeds	1.8	11	3.6
Tarragon Leaves	6.15	37	12.3
Thyme, Ground	1.9	11.25	3.75
Thyme, Leaves	3.5	21	7
Turmeric	2	12	4
Wasabi Powder	2.9	17.25	5.75