

Cooking Equivalency Conversion Table

Butter to Oil

Teaspoons / Tablespoons

Butter	Oil Equivalent
1 tsp butter	$\frac{3}{4}$ tsp oil
2 tsp butter	1 $\frac{1}{2}$ tsp oil
3 tsp (1 tbsp) butter	2 $\frac{1}{4}$ –2 $\frac{1}{2}$ tsp oil
2 tbsp butter	1 $\frac{1}{2}$ tbsp oil
3 tbsp butter	2 $\frac{1}{4}$ tbsp oil

Cups

Butter	Oil Equivalent
$\frac{1}{4}$ cup (4 tbsp)	3 tbsp oil
$\frac{1}{3}$ cup	$\frac{1}{4}$ cup + 1 tsp oil
$\frac{1}{2}$ cup (8 tbsp / 1 stick)	6 tbsp oil
$\frac{2}{3}$ cup	$\frac{1}{2}$ cup + 1 tbsp oil
$\frac{3}{4}$ cup	6 tbsp + 2 tsp oil
1 cup (16 tbsp)	$\frac{3}{4}$ cup oil
1 $\frac{1}{2}$ cups	1 $\frac{1}{8}$ cups oil
2 cups	1 $\frac{1}{2}$ cups oil