

Metric Weight-to-Volume Equivalency Chart

Butter to Oil Conversion

<i>(Grams → Milliliters)</i>	
<i>Butter (g)</i>	<i>Oil Equivalent (ml)</i>
10 g	7–8 ml
25 g	19 ml
50 g	38 ml
75 g	56 ml
100 g	75–80 ml
125 g	94 ml
150 g	112 ml
200 g	150–160 ml
250 g (1 block)	185–200 ml
500 g (2 blocks)	375–400 ml

<i>Weight-to-Volume (Sticks of Butter)</i>	
<i>Butter</i>	<i>Oil Equivalent</i>
½ stick (4 tbsp)	3 tbsp oil
1 stick (8 tbsp)	6 tbsp oil
2 sticks (1 cup)	¾ cup oil
4 sticks (2 cups)	1½ cups oil