

Cooking Conversion Chart

Butter to Oil



Butter (US)	Oil Equivalent
1 tbsp butter	2¼–2½ tsp oil
2 tbsp butter	1½ tbsp oil
¼ cup butter (4 tbsp)	3 tbsp oil
⅓ cup butter	¼ cup + 1 tsp oil
½ cup butter (8 tbsp / 1 stick)	6 tbsp oil
⅔ cup butter	½ cup + 1 tbsp oil
¾ cup butter	6 tbsp + 2 tsp oil
1 cup butter (16 tbsp)	¾ cup oil