

Butter to Extra Virgin Olive Oil
Conversion Chart

Butter/ Margarine	Extra Virgin Olive Oil
1 Teaspoon	$\frac{3}{4}$ Teaspoon
1 Tablespoon	2 $\frac{1}{4}$ Teaspoons
$\frac{1}{4}$ Cup	3 Tablespoons
$\frac{1}{3}$ Cup	$\frac{1}{4}$ Cup
$\frac{1}{2}$ Cup	$\frac{1}{4}$ Cup + 2 Teaspoons
$\frac{2}{3}$ Cup	$\frac{1}{2}$ Cup
$\frac{3}{4}$ Cup	$\frac{1}{2}$ Cup + 1 Tablespoon
1 Cup	$\frac{3}{4}$ Cup