

Butter Conversion Chart

Tablespoons	Cups	Sticks	Ounces	Grams
1 Tbsp	-	1/8 Stick	0.5 oz	14 gr
2 Tbsp	1/8 Cup	1/4 Stick	1 oz	28 gr
3 Tbsp	-	-	1.5 oz	43 gr
4 Tbsp	1/4 Cup	1/2 Stick	2 oz	57 gr
5 Tbsp	-	-	2.5 oz	71 gr
5 - 1/3 Tbsp	1/3 Cup	-	2.7 oz	75 gr
6 Tbsp	-	3/4 Stick	3 oz	85 gr
7 Tbsp	-	-	3.5 oz	98 gr
8 Tbsp	1/2 Cup	1 Stick	4 oz	113 gr
12 Tbsp	3/4 Cup	1 - 1/2 Stick	6 oz	170 gr
16 Tbsp	1 Cup	2 Sticks	8 oz	227 gr
20 Tbsp	1 - 1/4 Cup	2 - 1/2 Sticks	10 oz	284 gr
24 Tbsp	1 - 1/2 Cup	3 Sticks	12 oz	341 gr
28 Tbsp	1 - 3/4 Cup	3 - 1/2 Sticks	14 oz	398 gr
32 Tbsp	2 Cups	4 Sticks	16 oz	454 gr

1 Tablespoon of butter weighs 14.19 grams.

Small discrepancies are due to rounding