

How to Measure Butter - Cheat Sheet

Cups	Sticks	Tablespoons	Weight (oz)	Weight (g)
¼ cup	½ stick	4 tablespoons	2 oz.	57g
½ cup	1 stick	8 tablespoons	4 oz. (¼ pound)	113g
¾ cup	1½ sticks	12 tablespoons	6 oz.	170g
1 cup	2 sticks	16 tablespoons	8 oz. (½ pound)	227g
1¼ cups	2½ sticks	20 tablespoons	10 oz.	284g
1½ cups	3 sticks	24 tablespoons	12 oz. (¾ pound)	341g
1¾ cups	3½ sticks	28 tablespoons	14 oz.	398g
2 cups	4 sticks	32 tablespoons	16 oz. (1 pound)	454g

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