

Butter Chart (Quick Reference)

In the UK, butter typically comes in a single 250g block [9 oz.]. In the US, a pound of butter comes in four 'sticks' (sometimes called 'cubes'), individually-wrapped and usually marked with lines showing where to cut for tablespoon measures. Some British butter wrappers are printed with lines showing where to cut for 50g of butter.

The weight-to-volume equivalents below are correct to within a few grams. The teaspoons, tablespoons and cups used in the butter chart are 5ml teaspoons, 15ml tablespoons and American 8-fl.-oz. cups [240ml], all measured level, not rounded. The dessertspoon, a British measure, is equal to two teaspoons.

One level $\frac{1}{4}$ cup of butter [$\frac{1}{2}$ stick / 60g] contains 408 calories [kcal], so about 100 calories per level tablespoon [15g]. (For American cups and other US volumes, see page 244.)

metric weight [avoirdupois oz.]	teaspoons, Tablespoons, cups	other volume equivalents
5g [$\sim\frac{1}{5}$ oz.]	1 tsp.	$\frac{1}{2}$ dessertspoon
10g [$\sim\frac{1}{3}$ oz.]	2 tsp.	1 dessertspoon
15g [$\sim\frac{1}{2}$ oz.]	1 Tbsp.	3 tsp; $\frac{1}{8}$ stick
20g [$\sim\frac{3}{4}$ oz.]	$1\frac{1}{2}$ Tbsp.	
30g [~ 1 oz.]	2 Tbsp.	$\frac{1}{4}$ stick
40g [$\sim 1\frac{1}{2}$ oz.]	3 Tbsp.	
50g [$\sim 1\frac{3}{4}$ oz.]	$3\frac{1}{2}$ Tbsp.	