

Butter to Oil Conversion Chart

Use the following chart to replace butter, margarine or shortening with a more healthy canola or olive oil in your recipes.

	Butter Margarine or Shortening	Oil	Fat Saved	Calories Saved
1 tsp	3/4 tsp	1 gram		10
1 Tbsp	2 1/4 tsp	3 grams		30
2 Tbsp	1 1/2 Tbsp	6 grams		55
1/4 cup	3 Tbsp	12 grams		110
1/3 cup	1/4 cup	16 grams		145
1/2 cup	1/4 cup + 2 Tbsp	24 grams		215
2/3 cup	1/2 cup	32 grams		290
3/4 cup	1/2 cup + 1 Tbsp	36 grams		325
1 cup	3/4 cup	48 grams		430

THORNAPPLE GARDEN CLUB

of Hastings

COMMEMORATIVE COOKBOOK

2007

Celebrating 75 Years of Service and Education

Established in 1932

*The club meets monthly, February through December,
and all gardeners are welcome to join.*