

# OLIVE OIL

## BAKING SUBSTITUTION GUIDE

**SOLID FAT**  
(BUTTER, MARGARINE, SHORTENING)

**OLIVE OIL**

1 TEASPOON

3/4 TEASPOON

2 TEASPOONS

1 1/2 TEASPOONS

1 TABLESPOON

2 1/4 TEASPOONS

2 TABLESPOONS

1 1/2 TABLESPOONS

1/4 CUP

3 TABLESPOONS

1/3 CUP

1/4 CUP

1/2 CUP

1/4 CUP +  
1 TABLESPOON

2/3 CUP

1/2 CUP

3/4 CUP

1/2 CUP +  
1 TABLESPOON

1 CUP

3/4 CUP

Olive oil is an unsaturated fat, which has health-promoting properties. Saturated fats, like butter, have not been shown to have these properties.

K-State Research and Extension is an equal opportunity provider and employer.