

Here is a chart for the equivalent levels of butter and olive oil.

BUTTER TO OLIVE OIL CONVERSION CHART

Butter/ Margarine	Olive Oil
1 teaspoon	3/4 teaspoon
1 tablespoon	2 1/4 teaspoon
2 tablespoons	1 1/2 tablespoon
1/4 cup	3 tablespoons
1/3 cup	1/4 cup
1/2 cup	1/4 cup +2 tablespoons
2/3 cup	1/2 cup
3/4 cup	1/2 cup +1 tablespoon
1 cup	3/4 cup