

CARBONELL OLIVE OIL CONVERSION CHART

Replace Butter, Margarine or Shortening	With Carbonell Olive Oil	Approximate Calories Saved	Approximate Fat Calories Saved
1 tsp.	3/4 tsp	1g	10
1 Tbsp	2¼ tsp	3g	30
2 Tbsp	1½ Tbsp	6g	55
1/4 cup	3 Tbsp	12g	110
1/3 cup	1/4 cup	16g	145
1/2 cup	1/4 cup + 2 Tbsp	24g	215
2/3 cup	1/2 cup	32g	290
3/4 cup	1/2 cup + 1 Tbsp	36g	325
1 cup	3/4 cup	48g	430