

# SALT CONVERSION CHART

Table Salt	Coarse Kosher Salt	Fine Sea Salt	Coarse Sea Salt	Canning & Pickling Salt
<b>1/4 teaspoon</b>	<b>1/4 teaspoon</b>	<b>1/4 teaspoon</b>	<b>1/4 teaspoon</b>	<b>1/4 teaspoon</b>
<b>1 teaspoon</b>	<b>1<sup>1</sup>/<sub>4</sub> teaspoons</b>	<b>1 teaspoon</b>	<b>1 teaspoon</b>	<b>1 teaspoon</b>
<b>1 tablespoon</b>	<b>1 tablespoon + 3/4 teaspoon</b>	<b>1 tablespoon + 1/4 teaspoon</b>	<b>1 tablespoon</b>	<b>1 tablespoon</b>
<b>1/4 cup</b>	<b>1/4 cup + 1 tablespoon</b>	<b>1/4 cup + 1 teaspoon</b>	<b>1/4 cup</b>	<b>1/4 cup</b>
<b>1/2 cup</b>	<b>1/2 cup + 2 tablespoons</b>	<b>1/2 cup + 2 teaspoons</b>	<b>1/2 cup</b>	<b>1/2 cup</b>
<b>3/4 cup</b>	<b>3/4 cup + 3 tablespoons</b>	<b>3/4 cup + 1 tablespoon</b>	<b>3/4 cup</b>	<b>3/4 cup</b>
<b>1 cup</b>	<b>1<sup>1</sup>/<sub>4</sub> cups</b>	<b>1 cup + 4 teaspoons</b>	<b>1 cup</b>	<b>1 cup</b>
<b>2 cups</b>	<b>2<sup>1</sup>/<sub>2</sub> cups</b>	<b>2 cups + 2 tablespoons</b>	<b>2 cups</b>	<b>2 cups</b>