

Spice Conversions

Page 1 of 2

26 Lyerly St. Houston, TX 77022 713-691-2935 800-356-5189 Fax: 713-691-3250

Many Recipes Call For Spices To Be Measured In Ounces.

This table is for approximate weights and measures of various spices and is intended as a handy compilation in estimating quantities.

Example: If a recipe calls for one ounce of Allspice, then you would use 5 level tablespoons.

Name Of Spice	Conversion		
Allspice Whole	1 Oz. = 4 - 5 Tbs.		
Anise Ground	1 Oz. = 4 Tbs.		
Bay Leaf Ground	1 Oz. = 5 Tbs.		
Basil Powder	1 Oz. = 6 Tbs.		
Basil Leaf	1 Oz. = 8 Tbs.		
Chili Powder	1 Oz. = 4 Tbs.		
Cinnamon	1 Oz. = 3 Tbs.		
Caraway Seed	1 Oz. = 3 Tbs.		
Caraway	1 Oz. = 3.5 Tbs.		
Caraway Powder	1 Oz. = 5 Tbs.		
Cardamom	1 Oz. = 4 Oz.		
Cardamon Ground	1 Oz. = 5 Tbs.		
Celery Ground	1 Oz. = 3 - 4 Tbs.		
Cloves Ground	1 Oz. = 4 Tbs.		
Cinnamon	1 Oz. = 3.5 Tbs.		
Coriander Ground	1 Oz. = 4- 5 Tbs.		
Corn Syrup Solid	1 Oz. = 2 Tbs.		
Cumin Ground	1 Oz. = 4 Tbs.		
Cure # 1	1 Oz. = 2 Tbs.		
Cure # 2	1 Oz. = 2 Tbs.		

Name Of Spice	Conversion			
Gelatin	1 Oz. = 3 Tbs.			
Honey	1 Oz. = 1 tsp.			
Mace	1 Oz. = 4 Tbs.			
Marjoram Whole	1 Oz. = 6 - 8 Tbs.			
Marjoram Powdered	1 Oz. = 6 - 8 Tbs.			
Msg	1 Oz. = 2.2 Tbs.			
Mustard Seed Ground	1 Oz. = 4 Tbs.			
Mustard Seed Whole	1 Oz. = 3 Tbs.			
Non Fat Dry Milk	1 Oz. = 3 - 3.5 Tbs.			
Nutmeg Ground	1 Oz. = 3 Tbs			
Onion Powder	1 Oz. = 3 - 4 Tbs.			
Onion Cracked	1 Oz. = 3 Tbs.			
Onion Salt	1 Oz. = 2 Tbs.			
Oregano	1 Oz. = 8 Tbs.			
Oregano Leaf	1 Oz. = 9 Tbs.			
Paprika Ground	1 Oz. = 4 Tbs.			
Parsley Flakes	1 Oz. = 16 Tbs.			
Pepper Coarse	1 Oz. = 4 Tbs.			
Pepper Black	1 Oz. = 4 Tbs.			
Pepper White	1 Oz. = 4 Tbs.			

For more recipes and information call us, come by or visit us on our Web Site. www.alliedkenco.com

WE CATER TO THE "DO IT YOURSELF PERSON"
CALL FOR A FREE SAUSAGE MAKING AND SUPPLIES CATALOG



Spice Conversions

Page 2 of 2

26 Lyerly St.	Houston, TX 77022	713-691-2935	800-356-5189	Fax: 713-691-3250
Curry Ground	1 Oz. = 4 Tbs.		Pepper Whole	1 Oz. = 3 Tbs.
Dextrose Powdered	1 Oz. = 3 Tbs.		Pepper Red Leaf	1 Oz. = 5 Tbs.
Dill Whole	1 Oz. = 4 Tbs.		Pepper Cayenne	1 Oz. = 4 Tbs.
Fennel Seed Whole	1 Oz. = 3 Tbs.		Pickling Spice	1 Oz. = 3 Tbs.
Fennel Seed Ground	1 Oz. = 3 - 4.5 Tbs.		Fat Replacer	1 Oz. = 3 Tbs.
Fennel Seed Whole	1 Oz. = 4 Tbs.		Rosemary Ground	1 Oz. = 7 Tbs.
Fennel Seed Cracked	1 Oz. = 3 Tbs.		Sage	1 Oz. = 8 - 10 Tbs.
Fermento	1 Oz. = 4 Tbs.		Salt	1 Oz. = 2 Tbs.
Garlic Powder	1 Oz. = 3 Tbs.		Salt Purified	1 Oz. = 1-1/2 Tb.
Garlic Granulated	1 Oz. = 3 Tbs.		Savory	1 Oz. = 5-1/2 Tbs.
Garlic Cracked	1 Oz. = 3 Tbs.		Sugar	1 Oz. = 1-1/2 Tbs.
Ginger	1 Oz. = 5 Tbs.		Sugar Brown	1 Oz. = 1-1/2 Tbs.
Celery Seed Ground	1 Oz. = 4 Tbs.		Soy Protein	1 Oz. = 3 Tbs.
Coriander Seed	1 Oz. = 5 Tbs.		Thyme	1 Oz. = 7 Tbs.
Garlic	1Clove = 1/8 tsp.		Thyme Ground	1 Oz. = 3.5 - 4 Tbs.
Ginger Ground	1 Oz. = 4 Tbs.		Tumeric	1 Oz. = 3.5 Tbs.

For more recipes and information call us, come by or visit us on our Web Site. www.alliedkenco.com

WE CATER TO THE "DO IT YOURSELF PERSON"
CALL FOR A FREE SAUSAGE MAKING AND SUPPLIES CATALOG