

SALT CONVERSION CHART

Table Salt	Coarse Kosher Salt	Fine Sea Salt	Coarse Sea Salt	Canning & Pickling Salt
$\frac{1}{4}$ teaspoon	$\frac{1}{4}$ teaspoon	$\frac{1}{4}$ teaspoon	$\frac{1}{4}$ teaspoon	$\frac{1}{4}$ teaspoon
1 teaspoon	$1\frac{1}{4}$ teaspoons	1 teaspoon	1 teaspoon	1 teaspoon
1 tablespoon	1 tablespoon + $\frac{3}{4}$ teaspoon	1 tablespoon + $\frac{1}{4}$ teaspoon	1 tablespoon	1 tablespoon
$\frac{1}{4}$ cup	$\frac{1}{4}$ cup + 1 tablespoon	$\frac{1}{4}$ cup + 1 teaspoon	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup
$\frac{1}{2}$ cup	$\frac{1}{2}$ cup + 2 tablespoons	$\frac{1}{2}$ cup + 2 teaspoons	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
$\frac{3}{4}$ cup	$\frac{3}{4}$ cup + 3 tablespoons	$\frac{3}{4}$ cup + 1 tablespoon	$\frac{3}{4}$ cup	$\frac{3}{4}$ cup
1 cup	$1\frac{1}{4}$ cups	1 cup + 4 teaspoons	1 cup	1 cup
2 cups	$2\frac{1}{2}$ cups	2 cups + 2 tablespoons	2 cups	2 cups