

# Butter Conversion Chart

Butter by Volume	Butter by Weight	Butter Sticks
500 ml / 2 cups	454 g / 1lb	4
250 ml / 1 cup	227 g / ½ lb	2
125 ml / ½ cup	115 g / ¼ lb	1

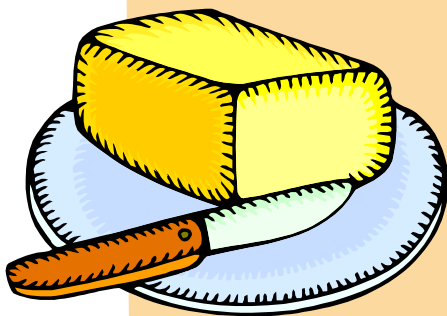
It is important to keep it wrapped to prevent the odor absorption and the oxidation that gives a bad taste to butter.

## Shelf life once opened:

- Salted butter: up to 10 weeks
- Unsalted butter: at least 6 weeks

## Freezer:

Keep up to 6 months, but will lose a bit of flavor.



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