

SALT CONVERSION CHART

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