

Spice Conversions for Recipe Writing

Inventory Number	Ingredient Name	Weight of One Teaspoon in Decimal Part of a Pound	Number of Teaspoons per Pound
0001	Allspice	.0039164	255.3365
0029	Baking Powder	.0078085	128.0656
0030	Baking Soda	.0078085	128.0656
0035	Basil Leaves	.0013020	768.0492
0037	Bay Leaves	.0013020	768.0492
0095	Sugar Brown	.0091214	109.6323
0109	Caraway Seeds	.0053232	187.8569
1117	Cayenne Pepper Grd	.0035215	283.9699
0119	Celery Salt	.0091214	109.6323
0120	Celery Seed Whole	.0052083	192.0012
0150	Chili Powder	.0054766	182.5950
0206	Cumin Grd	.0035213	283.9860
0160	Cinnamon Grd	.0047608	210.0487
0167	Cloves Grd	.0033952	294.5335
0168	Cloves Whole	.0044363	225.4131
0203	Cream of Tartar	.0083060	120.3949
0207	Curry Powder	.0044363	225.4131
0211	Dill Seed	.0054659	182.9525
0232	Garlic Powder	.0032491	307.7775
0233	Garlic Salt	.0092510	108.0964
0236	Ginger Grd	.0035213	283.9860
0319	Mace Grd	.0039160	255.3626
0327	Marjoram Grd	.0026041	384.0098
0345	MSG	.0078085	128.0655
0349	Mustard Dry	.0032491	307.7775
0352	Mustard Pure Yellow	.0113928	87.7747
0354	Nutmeg Grd	.0041867	238.8516
0363	Onion Salt	.0087241	114.6250
0377	Oregano Grd	.0031243	320.0717
0383	Paprika	.0043767	228.4826
0386	Parsley Flakes	.0008680	1152.0737
0405	Pepper Blk Grd	.0051772	193.1546
0407	Pepper Wht Grd	.0051162	195.4576
0408	Pepper Blk Whole	.0078085	128.0655
1180	Pepper Red Crushed	.0047091	212.3548
0431	Poppy Seed	.0054659	182.9524
0455	Poultry Seasoning Grd	.0026041	384.0098
0486	Rosemary Leaves Whole	.0026041	384.0098
0456	Sugar Confectioners	.0047608	210.0487
0491	Sage Rubbed	.0019580	510.7252
0500	Salt Iodized	.0104166	96.0006
0511	Seafood Seasoning	.0078085	128.0655
0512	Sesame Seeds Whole	.0052083	192.0012
0547	Sugar Gran	.0091214	109.6323
0554	Thyme	.0019580	510.7252
0600	Pickling Spice Whole	.0033952	294.5335
0893	Onions Dehyd Chopped	.0031243	320.0717
1127	Tarragon Leaves Whole	.0013020	768.0491