



4121 Amos Avenue – Baltimore, MD 21215

Volume To Weight Conversion Table

The Volume To Weight Conversion Table shows how many teaspoons of a dried herb or spice make up an ounce. This allows you to easily convert from volume to weight. When accurate measurements are required, it is almost always better to measure by weight rather than volume.

Description	tsp./oz.
Allspice, Ground	14.9
Anise Seed	13.5
Basil, Ground	20.2
Bay Leaf, Crumbled	47.2
Caraway Seed	13.5
Cardamom, Ground	14.2
Celery Seed	14.2
Chervil, Dried	47.2
Chili Powder	13.5
Cinnamon, Ground	12.3
Cloves, Ground	13.5
Cilantro	47.2
Coriander Seed	15.7
Cumin Seed	13.5
Curry Powder	14.2
Dill Seed	13.5
Dill Weed, Dried	28.3
Fennel Seed	14.2
Fenugreek Seed	7.7
Garlic Powder	10.1
Ginger, Ground	15.7
Mace, Ground	16.7
Marjoram, Dried	47.2
Mustard Seed, Yellow	8.6
Nutmeg, Ground	13.9
Onion Powder	13.5
Oregano, Ground	18.9
Paprika	13.5
Parsley Flakes	94.5
Pepper, Black, Ground	13.5
Pepper, Red Ground	15.7
Pepper, White Ground	11.8
Poppy Seed	10.1
Poultry Seasoning	18.9
Pumpkin Pie Spice	16.7
Rosemary, Dried	23.6
Saffron	40.5
Sage, Ground	40.5
Savory, Ground	20.2
Sesame Seed	10.5
Tarragon, Ground	17.7
Thyme, Ground	20.2
Turmeric, Ground	12.9