

# YEAST CONVERSION TABLE

CAKE YEAST			ACT. DRY YEAST			INSTANT DRY YEAST		
Oz	Grams	Portn-0.6 Oz.	Oz.	Grams	Tsp.	Oz.	Grams	Tsp.
0.06	1.7	0.10	0.03	0.7	0.25	0.02	0.5	0.2
0.12	3.4	0.20	0.05	1.4	0.50	0.04	1.1	0.4
0.18	5.1	0.30	0.08	2.1	0.75	0.06	1.6	0.6
0.24	6.8	0.40	0.10	2.8	1.00	0.08	2.1	0.8
0.30	8.5	0.50	0.13	3.5	1.25	0.09	2.7	1.0
0.36	10.2	0.60	0.15	4.3	1.50	0.11	3.2	1.2
0.42	11.9	0.70	0.18	5.0	1.75	0.13	3.7	1.3
0.48	13.6	0.80	0.20	5.7	2.00	0.15	4.3	1.5
0.54	15.3	0.90	0.23	6.4	2.25	0.17	4.8	1.7
0.60	17.0	1.00	0.25	7.1	2.5	0.19	5.3	1.9
0.66	18.7	1.10	0.28	7.8	2.75	0.21	5.8	2.1
0.72	20.4	1.20	0.30	8.5	3.00	0.23	6.4	2.3
0.78	22.1	1.30	0.33	9.2	3.25	0.24	6.9	2.5
0.84	23.8	1.40	0.35	9.9	3.50	0.26	7.4	2.7
0.90	25.5	1.50	0.38	10.6	3.75	0.28	8.0	2.9
0.96	27.2	1.60	0.40	11.3	4.00	0.30	8.5	3.1
1.02	28.9	1.70	0.43	12.0	4.25	0.32	9.0	3.3
1.08	30.6	1.80	0.45	12.8	4.50	0.34	9.6	3.5
1.14	32.3	1.90	0.48	13.5	4.75	0.36	10.1	3.7
1.20	34.0	2.00	0.50	14.2	5.00	0.38	10.6	3.8
1.26	35.7	2.10	0.53	14.9	5.25	0.39	11.2	4.0
1.32	37.4	2.20	0.55	15.6	5.50	0.41	11.7	4.2
1.38	39.1	2.30	0.58	16.3	5.75	0.43	12.2	4.4
1.44	40.8	2.40	0.60	17.0	6.00	0.45	12.8	4.6
1.50	42.5	2.50	0.63	17.7	6.25	0.47	13.3	4.8
1.56	44.2	2.60	0.65	18.4	6.50	0.49	13.8	5.0
1.62	45.9	2.70	0.68	19.1	6.75	0.51	14.4	5.2
1.68	47.6	2.80	0.70	19.8	7.00	0.53	14.9	5.4
1.74	49.3	2.90	0.73	20.6	7.25	0.54	15.4	5.6
1.80	51.0	3.00	0.75	21.3	7.50	0.56	15.9	5.8
1.86	52.7	3.10	0.78	22.0	7.75	0.58	16.5	6.0
1.92	54.4	3.20	0.80	22.7	8.00	0.60	17.0	6.2
1.98	56.1	3.30	0.83	23.4	8.25	0.62	17.5	6.3
2.04	57.8	3.40	0.85	24.1	8.50	0.64	18.1	6.5
2.10	59.5	3.50	0.88	24.8	8.75	0.66	18.6	6.7
2.16	61.2	3.60	0.90	25.5	9.00	0.68	19.1	6.9
2.22	62.9	3.70	0.93	26.2	9.25	0.69	19.7	7.1
2.28	64.6	3.80	0.95	26.9	9.50	0.71	20.2	7.3
2.34	66.3	3.90	0.98	27.6	9.75	0.73	20.7	7.5
2.40	68.0	4.00	1.00	28.4	10.00	0.75	21.3	7.7

1 package or envelope of dry active yeast is equal to 2¼th teaspoons loose active yeast