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## CAN YOU ANSWER THE FOLLOWING QUESTIONS?

- How many cups of grated cheese are in a one-pound block?
- If a recipe calls for three cups of cooked rice, how many cups of uncooked rice should be prepared?
- How many cups of nuts are in a one-pound package?

These and many more questions can be answered by this handy chart on food yields. Keep it nearby when preparing a meal or making out your shopping list. It's a real timesaver!

Note that the following yields are only approximations because preparation techniques and the condition of fresh food vary greatly.

Yield Equivalencies		
Food	This Much	Equals This Much
<b>Apples</b>	1 pound (3 medium)	2 3/4–3 cups sliced
<b>Bacon</b>	8 slices	1/2 cup crumbled
<b>Bananas</b>	1 pound (3 medium)	2 1/2 cups sliced, 2 cups mashed
<b>Barley</b>		
• regular	1 cup uncooked	4 cups cooked
• quick	1 cup uncooked	3 cups cooked
<b>Beans, dry</b>	1 cup uncooked	3 cups cooked
<b>Bread crumbs</b>	1 slice, dry	1/4–1/3 cup crumbs
	1 slice, soft	1/2–3/4 cup crumbs
<b>Cabbage, shredded</b>	1 pound	3 1/2–4 1/2 cups
<b>Candied fruit or peels</b>	1/2 pound	1 1/4 cups cut up
<b>Cheese</b>		
• American	1 pound	4–5 cups shredded
• cheddar	1 pound	4 cups shredded
• mozzarella	1 oz.	1/4 cup shredded
<b>Coconut, flaked or shredded</b>	1 pound	5 cups
<b>Chocolate</b>		
• morsels or chips	6-oz package	1 cup
• cocoa	1 pound	4 cups
• chocolate	1/2 pound	8 (1-oz each) squares unsweetened
<b>Coffee</b>	1 pound	40–50 servings
<b>Cornmeal</b>	1 pound	3 cups dry
	1 cup uncooked	4 cups cooked mush
<b>Crackers</b>		
• graham	10 crackers	1 cup fine crumbs
• soda	16 crackers	1 cup coarse crumbs
	22 crackers	1 cup fine crumbs
<b>Cranberries, fresh and uncooked</b>	1 pound	4 cups
<b>Cream, heavy whipping</b>	1 cup (1/2 pint)	2 cups whipped
<b>Dates, pitted and cut up</b>	1 pound	2 1/2 cups

<sup>1</sup>Extension Diabetes Coordinator, Department of Extension Family and Consumer Sciences, New Mexico State University.

Yield Equivalencies		
Food	This Much	Equals This Much
<b>Fat</b>		
• butter or margarine	1 pound (4 sticks)	2 cups
• solid	1/4 pound (1 stick)	1/2 cup or 8 Tbsp
• butter, whipped	1 pound	3 cups
• oils	1 quart	4 cups
• shortening	1 pound	2 1/2 cups
<b>Figs</b> , dried and cut fine	1 pound	2 2/3 cups
<b>Flour</b>		
• corn	2 pounds	8 cups
• gluten, sifted	2 pounds	6 1/2 cups
• rice	2 pounds	
-sifted		7 cups
-stirred, spooned		5 3/4 cups
• rye	2 pounds	
-light, sifted		10 cups
-dark, sifted		7 cups
• soy	2 pounds	
-full-fat, sifted		15 cups
-low-fat		11 cups
• wheat		
-all-purpose, sifted	5 pounds	20 cups
-all-purpose, sifted	2 pounds	8 cups
-unsifted, spooned	2 pounds	7 cups
-bread, sifted	2 pounds	8 cups
-cake, sifted	2 pounds	9 1/4 cups
-cake, spooned	2 pounds	8 1/4 cups
-pastry, sifted	2 pounds	9 cups
-self-rising, sifted	2 pounds	8 cups
-whole wheat, stirred	2 pounds	6 2/3 cups
<b>Marshmallows</b>		
• standard size	1 pound	4 cups
• miniature	1 pound	13 1/2 cups
<b>Nuts</b>		
• almonds		
-in shell	1 pound	1–1 3/4 cups nutmeats
-shelled	1 pound	3 cups blanched whole
• English walnuts		
-in shell	1 pound	1 2/3 cups nutmeats
-shelled	1 pound	4 1/2 cups halves 3 2/3 cups chopped
• filberts		
-in shell	1 pound	1 1/2 cups nutmeats
-shelled	1 pound	3 1/4–3 1/2 cups nutmeats
• peanuts		
-in shell	1 pound	2–2 1/4 cups nutmeats
-shelled	1 pound	3–3 1/4 cups nutmeats
• pecans		
-in shell	1 pound	2 1/4 cups nutmeats
-shelled	1 pound	4–4 1/2 cups halves 3–3 3/4 cups chopped

Yield Equivalencies		
Food	This Much	Equals This Much
<b>Oats</b> , rolled	1 cup uncooked 1 oz uncooked	1 3/4 cups cooked 1/3 cup uncooked
<b>Onion</b>	1 small 1 medium 1 large	1/4 cup chopped 1/2 cup chopped 1 cup chopped
<b>Pasta</b>		
• macaroni	1 pound 1 cup uncooked	4 cups uncooked 2–2 1/4 cups cooked
• noodles	1 cup uncooked	1 3/4 cups cooked
• spaghetti, 2-in. pieces	1 pound	4 3/4 cups uncooked 9–10 cups cooked
<b>Popcorn</b>	1/4 cup kernels 1/3 cup kernels	8 cups popcorn 12 cups popcorn
<b>potatoes</b>		
white	1 pound diced or sliced (3 medium)	1 1/2–2 1/4 cups cooked 1 3/4–2 cups mashed
<b>Prunes</b> , dried, whole, and pitted	1 pound	2 1/4 cups
<b>Raisins</b>	1 pound	3 1/4 cups
<b>Rice</b>		
• regular	1 cup uncooked	3 cups cooked
• minute	3/4 cup uncooked	1 1/3 cups cooked
• brown	1 cup uncooked	3 cups cooked
<b>Shrimp</b> , fresh	3/4 pound raw in shell one 7-oz packed frozen peeled, cooked one 4.5- or 5-oz can	1 cup cooked and cleaned
<b>Sugar</b>		
• brown	1 pound	2 1/4 cups firmly packed
• confectioner's, unsifted	1 pound	3–4 cups
• granulated	1 pound 5 pounds	2 1/4 cups 11 1/4 cups
<b>Tea</b> , loose	1 pound	200 cups
<b>Tomatoes</b>	1 pound (3 medium)	1 1/2 cups chopped 3/4 cup sliced
<b>Zucchini</b>	1 medium (5–6 oz)	1 cup loosely packed, grated

Common Can Sizes			
Can Size	Weight	Cups	Products
8 oz	8 oz	1	Fruits, vegetables, specialties for small families.
Picnic	10 1/2–12 oz	1 1/4	Mainly condensed soups. Some fruits, vegetables, meat, fish, specialties.
12 oz vacuum	12 oz	1 1/2	Mainly for vacuum-packed corn.
No. 300	14–16 oz	1 3/4	Pork and beans, baked beans, meat products, cranberry sauce, blueberries, specialties.
No. 303	16–17 oz (1 lb–1 lb 1 oz)	2	Principal size for fruits and vegetables. Also some meat products, ready-to-serve soups, specialties.
No. 2	20 oz (1 lb 4 oz)  or 18 fl oz (1 pt 2 fl oz)	2 1/2	Juices, ready-to-serve soups, some specialties, pineapple, apple slices.  No longer in popular use for most fruits and vegetables.
No. 2 1/2	27–29 oz (1 lb 11 oz–1 lb 13 oz)	3 1/2	Fruits, some vegetables (pumpkin, sauerkraut, spinach and other greens, tomatoes).
No. 3 cylinder	51 oz (3 lb 3 oz)  or 46 fl oz (1 qt 14 fl oz)	5 3/4	Fruit and vegetable juices, pork and beans. Institutional size for condensed soups, some vegetables
No. 10	6 1/2 lb–7 lb 5 oz	12–13	Institutional size for fruits, vegetables, and some other foods.

If your treasured family recipe describes oven temperatures as slow, moderate, or hot, this quick reference chart will help you decide what temperature to set your oven.

Oven Temperatures	
Oven Description	Temperature in Degrees
very slow oven	250–275°F
slow oven	300–325°F
moderate oven	350–375°F
hot oven	400–425°F
very hot oven	450–475°F
extremely hot oven	500–525°F

Baking Pan Sizes	
Pan Size	Batter Amount
Rectangular cake pans • 8 × 8 × 2 in. deep • 9 × 9 × 1 1/2 in. deep • 9 × 9 × 2 in. deep • 13 × 9 × 2 in. deep	6 cups batter 8 cups batter 10 cups batter 14 cups batter
Round cake pans • 8 × 1 1/2 in. deep • 9 × 1 1/2 in. deep	4 cups batter 6 cups batter
Pie plates • 8 × 1 1/4 in. deep  • 9 × 1/2 in. deep	3 cups filling to be level with top; 4–4 1/2 cups filling, mounded 4 cups filling to be level with top; 5–6 cups filling, mounded
Loaf pans • 8 1/2 × 4 1/2 × 2 1/2 in. deep • 9 × 5 × 3 in. deep	6 cups batter 8 cups batter

Equivalent Measures	
This Much	Equals This Much
1 gallon	4 quarts
1 quart	2 pints
1 pint	2 cups
8 quarts	1 peck
4 pecks	1 bushel
1 cup	16 tablespoons
7/8 cup	14 tablespoons
3/4 cup	12 tablespoons
2/3 cup	10 2/3 tablespoons
5/8 cup	10 tablespoons
1/2 cup	8 tablespoons
3/8 cup	6 tablespoons
1/3 cup	5 1/3 tablespoons
1/4 cup	4 tablespoons
1/8 cup	2 tablespoons
1/16 cup	1 tablespoon
1 tablespoon	3 teaspoons
7/8 tablespoon	2 1/2 teaspoons
3/4 tablespoon	2 1/4 teaspoons
2/3 tablespoon	2 teaspoons
5/8 tablespoon	1 7/8 teaspoons
1/2 tablespoon	1 1/2 teaspoons
3/8 tablespoon	1 1/8 teaspoons
1/3 tablespoon	1 teaspoon
1/4 tablespoon	3/4 teaspoon

## HINTS

- One tablespoon of unflavored gelatin gels about two cups of liquid.
- For accurate measuring, use standard measuring spoons and cups. Household cups and spoons often hold more or less than the standard measure. Recipe failures are often caused by measuring ingredients in non-standard containers.
- If brown or powdered sugar is lumpy, press it through a sieve before adding to your product.
- For ease in measuring honey, measure shortening or oil first. Then measure honey in the same cup—every drop will slip right out!
- All measurements should be level. For dry ingredients, use a cup with a measure flush with the rim. Spoon in dry ingredients and level with a knife or spatula. Don't shake down or hit the cup because dry ingredients will pack down.
- Sifting salt, leavening, and spices with the flour ensures even distribution.
- Whole wheat flour cannot be sifted. Instead, it should be stirred before measuring.
- Fresh cranberries can easily be chopped in a blender if they are frozen first.

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