



Free Recipes In The VJJE Recipe Weekly!
 Discover The Leading Recipes Newsletter!
 Your Name:

Your Email:

[Privacy Policy](#)

- [Home](#)
 [Food Mousepads](#)
 [Cooking Tips](#)
 [Food Dictionary](#)
 [Ingredient Substitutions](#)
 [Food Funnies](#)
 [Email Us](#)

Ingredient Equivalents

Ingredient	Amount	Equivalent
Allspice, ground	1 oz	4 1/2 tbsp
Almonds, in shell	1 lb	5-6 oz, or 1 cup
Almonds, whole	2 1/2 oz	1/2 cup
Almonds, ground	1 lb	2 2/3 cups
Almond Paste	8 oz	1 3/4 cups
Apples	1 lb	3 or 4 medium
		3 cup sliced
	1 med	1 cup diced or sliced
Apples, dried	6 oz pkg	3/4 cup chopped
		1 cup dried
Applesauce	16 oz jar	2 2/3 cups cooked
		2 cups
Apricots, dried	6 oz pkg	1 cup dried
		2 cups cooked
Apricots, fresh	2 med	1/2 cup sliced
	1 lb	2 cups halves or slices
		8 to 12 medium



**A Great Gift Idea For Anyone ...
 Including Yourself!**
[Click Here For Cooking Aprons](#)

CHEF KNIVES OF
 UNPARALLELED QUALITY



[Click Here For Chef Knives](#)

E-Cookbooks Library
 THE HOME OF WORLD CLASS RECIPES

[Click Here For Free Cookbooks](#)

		8 to 12 medium
Asparagus, canned	14 1/2-16 oz	12 to 18 spears
Asparagus, fresh	1 lb	16 to 20 spears
		3 cups trimmed
		2 1/2 cups cooked
Asparagus, frozen	10 oz	2 cups
		equals 1 1/4 lb fresh
Avocados	1 lb	2 medium
		1 1/2 cups pulp
Bacon, sliced	1 lb	thick: 10-15 slices
		average: 16-24 slices
		thin: 25 to 30 slices
Bacon, sliced cooked	1 slice	1 tbsp crumbled
	1 lb	1 to 1 1/2 cups crumbled
Baked Beans	1 gallon	20 to 22 servings
Bananas	1 med	1 cup sliced
	1 lb	3 or 4 medium
		1 3/4 cup mashed
Bananas, dried sliced	1 lb	4 to 4 1/2 cups
Basil	1 oz dried	3/4 cup
	1/2 oz fresh	1 cup chopped leaves
Bay leaf	1 whole	1/8 to 1/4 tsp crushed
		1/4 to 1/2 tsp broken
Beans, dried	1 lb	2 to 2 1/2 cups uncooked
		5 1/2 to 6 cups cooked
Beans, green, fresh	1 lb	14 oz trimmed
		3 cups trimmed
		2 1/2 cups cut, cooked
Beans, kidney	1 lb uncooked	2 to 2 1/2 cups uncooked
		5 to 6 cups cooked
Beans, lima, dry	1 lb uncooked	2 cups uncooked



shelled		5 cups cooked
Beef, cooked, diced	1 lb	3 cups
Beef, ground	1 lb	2 cups raw
		12 ounces cooked
Beef, roast	1 lb	meat for 4-5 sandwiches
Beef, tenderloin	5 lbs	12 to 16 servings
Beer	1 pony keg	7 3/4 gal
		82 12-oz cans
	1 keg	15 1/2 gal
		165 12-oz cans
Beets without tops	1 lb	2 cups cooked sliced/diced
		10 med beets
Beet Greens	1 lb	1 1/2 cups cooked
		8 oz. leaves
Berries	1 pint	2 to 3 cups
Bisquick	1 box, 60 oz	14 cups
Blackberries, fresh/frozen	1 lb	3 1/2 cups
	1 pint	2 to 3 cups
Black-Eyed Peas, dried	1 lb	2 to 2 1/2 cups dried
		5 to 6 cups cooked
	1 cup	7 oz dry
		2 1/2 cups cooked
Black-Eyed Peas, frozen	10 oz	1 1/2 cups
Black-Eyed Peas, in pod	1 lb	1 1/2 to 1 3/4 cups shelled
Blueberries	1 lb	3 1/2 cups
	1 pint	2 to 3 cups
Bread	1 lb loaf	16-18 slices
		30 thin slices
		12 cups croutons
	1 slice dry	1/3 cup fine crumbs

Bread	1 slice soft	3/4 cup coarse crumbs
		3/4 cup cubes
Bread Crumbs	8 oz pkg	2 cups
Broccoli, fresh	1 lb	2 cups florets
	1 bunch	3 cups cooked, chopped
Broccoli, frozen	10 oz	1 1/2 cups chopped
Brussels Sprouts, fresh	1 lb	4 cups cooked
	1 qt	1 1/4 lbs
Brussels Sprouts, frozen	10 oz	1 1/2-2 cups, cooked
Bulgur wheat	1 lb	2 3/4 cups uncooked
		8 cups cooked
Butter/Margarine	1 stick	4 ounces
		1/2 cup
		8 tbsp
		1/3 cup clarified
Butter/Margarine	1 lb	4 sticks
		2 cups
Butter, soft	8 oz	1 cup
Cabbage	1 med head	1 1/4 to 1 1/2 lbs
	1 lb raw	3 1/2 to 4 1/2 cups shredded
	1 lb cooked	1 1/2 to 2 cups shredded
Cantaloupe	1 med	3 lbs
		4 to 4 1/2 cups cubed
		25 balls (7/8")
Cardamom	1 pod	1 tsp ground
		18-20 seeds
Carrots, canned	16 oz	2 cups sliced
Carrots, cooked	1 lb	1 1/3 cups puréed
		5-7 med
		2 1/2 cups shredded/sliced

Carrots, fresh	1 lb	2 1/2 cups cooked
		24-36 baby
		12-14 small
Cauliflower, fresh	1 med head	1 3/4 to 2 1/4 lbs
	1 lb	1 1/2 cups, cut up
		7 1/2 oz cooked
Celery	1 bunch	1 lb untrimmed
		2 cups, sliced/diced
	2-3 med ribs	1 cup chopped or sliced
Cheese, firm (Cheddar, etc.)	1 lb	4 to 5 cup, shredded
	1 cup shredded	4 oz (approximately)
Cheese, hard (Parmesan, etc.)	8 oz	1 1/2 cups, grated
Cherries, canned, tart	16 oz pitted	1 1/2 cups drained
Cherries, dried, tart	3 oz	1/2 cup
Cherries, fresh, sweet	1 lb unpitted	1 3/4 cups pitted
Cherries, frozen, tart	1 lb pitted	2 cups
Chicken, boned	1 lb	3 cups cooked, diced
Chicken, bone in	3 lbs	2 1/2 to 3 cups cooked, diced
Chicken Breast, half	1	1/2 cup cooked, chopped
Chicken, canned	5-oz can	1/2 cup drained
Chicken, whole	5 lb (capon)	2 1/4 lbs cooked meat
	2-3 lbs	2-3 cups cooked, chopped
Chives, fresh	1 tbsp	1 tsp freeze-dried
Chocolate, unsweetened	1 oz	1 square
		1 envelope liquid
Chocolate Wafers	20	1 cup fine crumbs
Cinnamon		

Cinnamon, ground	1 oz	4 tbsp
Cinnamon, stick	1" of stick	1 tsp ground
Clams, in shell	8 quarts	1 quart, shucked
Clams, shucked	1 quart	2 to 3 cups, chopped
Cloves, whole	1 tsp whole	3/4 tsp ground
Coconut, fresh	1 lb	3 cups grated
		1 med
Coconut, flaked	3 1/2 oz can	1 1/4 cups
	7 ounce pkg	2 1/2 cups
Coffee, ground	1 lb	80 tbsp
		40 to 50 cups brewed
Coffee, instant	4-oz jar	2 1/2 cups
		120 cups prepared
Collard Greens, fresh	1 lb	6 to 7 cups raw
		1 1/2 cups cooked
Corn, canned, kernels	15 1/4-oz can	1 3/4 cups drained
	16-oz can	2 cups
Corn, creamed	16-oz can	2 cups drained
Corn, fresh	3-4 ears	1 cup kernels
Corn, frozen	10 oz	1 1/4 cups kernels
	16 oz	1 2/3 cups kernels
Cornbread	8" square pan or 9" round skillet	4 cups crumbled for stuffing
Cornflakes	3 to 4 cups	1 cup crumbs
Cornflakes	16 oz	16 cups
Cornmeal	1 lb	3 cups uncooked
		16 cups cooked
Couscous, uncooked	1 cup	7 oz uncooked
		2 1/2 to 3 cups cooked
Crab, in shell	1 lb whole	6-7 oz meat
		2/3 cup flaked
Crabmeat		

Cornmeal, canned	6 1/2 oz	1 cup flaked
Cracker Meal	14 oz box	2 3/4 cups
Crackers, Ritz	24 crackers	1 cup fine crumbs
	1 roll	35 crackers 1 1/2 cups fine crumbs
Crackers, saltines	30 crackers	1 cup fine crumbs
	1-lb pkg	130-140 crackers 4 1/2 fine crumbs
Cranberries, dried	6-oz pkg	1 1/3 cups
Cranberries, fresh	1 lb	4 cup
Cream, whipping	1 cup	2 cups whipped
Cream Cheese	3-oz pkg	1/3 cup
	8-oz pkg	1 cup
Cucumber	1 lb	2 medium
		2 1/2 to 3 cups peeled, sliced/chopped
Currants, dried	16 oz pkg	3 cups
Dates, diced, sugared	16 oz	2 2/3 cups
Dates, pitted	8 oz	1 1/4 cup chopped
Dates, unpitted	1 lb	2 1/2 cup pitted
Dill plant, fresh or dried	3 heads	1 tbsp dill seed
Eggs, cooked	1 large	6 hard-cooked slices
	4 large	1 cup hard-cooked, chopped
Egg, whole, uncooked	1 large	3 tbsp
Eggs, uncooked	1 cup	5 large eggs
		6 medium eggs
Egg white	1 large	2 tbsp
	1 cup	8 large egg whites

Egg yolk	1 yolk	1 1/2 tbsp
	1 cup	12 large egg yolks
Egg Substitute	16 oz	2 cups
		8 eggs
Eggplant, diced, cooked	1 lb	2 1/2 cup
Endive	Belgian, med head	10-16 leaves
	Curly, med head	3-4 cups torn
Fava Beans, dried	1 lb	2 cups dried
		4 1/2 cups cooked
Fennel, bulb	1 lb	3 cups sliced
Figs, dried	1 lb	40 med
		3 cups chopped
		4 cups cooked
Figs, fresh	1 lb	9 med
		2 1/2 cups chopped
Flour, all-purpose	1 lb	4 cup sifted
		3 1/3 cup, unsifted
	5 lbs	20 cups sifted
Flour, cake	1 lb	4 3/4 cup
	1 cup sifted	1 cup minus 2 tbsp sifted all-purpose flour (7/8 cup)
Flour, pastry	1 lb	4 cups unsifted
		4 1/2 cups sifted
Flour, rice	1 lb	3 cups unsifted
		3 1/2 cups sifted
Flour, soy	1 lb, full fat	7 1/2 cups sifted
	1 lb, low fat	5 1/2 cups sifted
Flour, whole wheat	1 lb	3 3/4 cup
Fruit, candied	1 lb	3 cups chopped

Fruit, canned	16 oz	1 1/2 cups drained
Fruit, frozen	10 oz	1 1/2 cups drained
Fruit, dried	1 lb	3 cups
Fruit Pectin, liquid	3 oz	thickens 3-4 cups fruit
		thickens 2-4 cups juice
Fruit Pectin, powdered	1 3/4 oz	thickens 4-8 cups fruit
		thickens 3-6 cups juice
Garlic	1 clove, small	1/2 tsp minced
		1/8 tsp garlic powder
Garlic	1 clove, large	1 1/2 tsp minced
		1/2 tsp garlic powder
Garlic	1 head/bulb	8 to 15 cloves
Garlic salt	1 tsp	1/8 tsp garlic powder plus 7/8 tsp salt
Ginger, crystallized	1 tbsp	1 tsp ground
Ginger, fresh	1 tbsp chopped	1 tsp ground
	1" piece	1 tbsp grated or chopped
Ginger, ground	1/2 tsp	1 tsp fresh chopped
Gingersnaps	15 cookies	1 cup fine crumbs
Gooseberries, fresh	1 lb	3 cups
Grapefruit, fresh	1 lb	1 med
		10 to 12 sections
		2/3 to 3/4 cup juice
Grapes	1 lb	2 cup seeded
		2 1/2 cup seedless
Gravy Mix (brown)	3 tbsp	makes 1 cup
Great Northern Beans, dried	1 lb	2 cups dried
		6-7 cups cooked
Green Beans, canned	16 oz	2 cups
Green Beans,	1 lb	2 1/2 cups cut, cooked

fresh		3 cups trimmed
Green Beans, frozen	10 oz	1 1/2 cups
Green Peas, canned	16 oz	2 cups
Green Peas, in pod	1 lb	1 cup shelled
Green Peas, frozen	10 oz	1 1/2 to 2 cups
Green Peas, split, dried	1 lb	2 1/2 cups uncooked
		5 cups cooked
Greens, fresh	1 lb	3 cups cooked
Greens, frozen	10 oz	1 1/2-2 cups
Grits, quick cooking	1 cup	3 1/3 cups cooked
	1 lb	3 cups uncooked
		10 cups cooked
Ham, cooked	1 lb	3 cups diced
		2 cups ground
Hazelnuts, in shell	1 lb	1/2 lbs nuts
		1 1/2 cups nuts
Hearts of Palm, canned	14 oz	5-6 stalks
Herbs, fresh	1 tbsp, chopped	1/2 tsp dried crushed herbs
Hominy, canned	15 oz	1 3/4 cups
Honey	16 oz	1 1/3 cups
Honeydew Melon	1 (4 lbs)	4 cups diced
		35 balls
Hominy, uncooked	1 lb	2 1/2 cups uncooked
	1 cup	4 1/2 cups cooked
Horseradish, fresh	1 tbsp	2 tbsp bottled
	1 1/2 lbs	2 3/4 cups peeled, grated
Jam or Jelly	18 oz	1 2/3 cups
Jerusalem Artichoke	1 lb	12 med

Artichokes		2 1/2 cups peeled, sliced
Jicama	1 lb	4 cups shredded
Juniper Berries	8 berries	1 tsp crushed
Kale, fresh	1 lb	6 cups raw leaves
		1 1/4 cups cooked leaves
Ketchup	14-oz bottle	1 1/2 cups
Kidney Beans, dried	1 lb	2-2 1/2 cups dried
		5-6 cups cooked
Kiwi Fruit	1 med	5-6 slices
		1/2 cup slices
Kohlrabi	2 lbs	4 med bulbs
		3 1/2 cups cubed cooked
Lamb	1 lb	2 chops, 3/4" thick
	1 leg	5 to 7 lbs w/bone
		3 lbs boneless
Lard	1 lb	2 1/2 cups
Lasagna, uncooked	16 oz	16-24 noodles
Leeks	1 lb	1 bunch
		2 lg or 3 med
		2 cups chopped or sliced (white part)
		1 cup chopped, cooked (white part)
Lemon Grass	2 stalks	1 tbsp finely chopped
Lemons	1 medium	2 to 3 tbsp juice
		2 to 3 tsp grated peel
	1 lb	4-6 med
		2/3-1 cup juice
Lemon peel, dried	1 tsp	1 to 2 tsp grated fresh lemon peel
		grated peel of 1 medium lemon
		1/2 tsp lemon extract

Lettuce, Bibb	1 med head	4 cups torn
Lettuce, Boston	1 med head	4 cups torn
Lettuce, Iceberg	1 med head	6 to 8 cups torn
		4 cups shredded
		5 large leaves
Lettuce, Leaf	1 med bunch	4-6 cups torn
		25-30 leaves
Lettuce, Romaine	1 head	6 cups torn
Lettuce, Salad Mix	4 oz	4-6 cups torn
Lima Beans, dried	1 lb	2 cups dried
		5 cups cooked
Lima Beans, in pod	1 lb	6 oz shelled
		3/4-1 cup shelled
Lima Beans, fresh, shelled	1 lb	3 cups
Lima Beans, frozen	10 oz	1 3/4 cups cooked
Limes	1 medium	1 1/2 to 2 tbsp juice
		1-2 tsp grated peel
	1 lb	6-8 med
		1/2-1 cup juice
Lobster	1 med, 2 1/2 lbs	2 cups cooked meat
Macadamia Nuts	5-oz can	1 cup whole
	7-oz jar	1 1/2 cups
Macaroni, uncooked	1 cup	2 cups cooked
	1 lb	4 cups uncooked
		8 cups cooked
Mangoes	1 med/12 oz	3/4 cup pulp
Manicotti	1 lb	10-12 pieces
Margarine	1/4-lb stick	1/2 cup
		8 tbsp

	1 lb	4 sticks
		2 cups
Margarine, soft	8-oz tub	16 tbsp
Marshmallows, miniature	1 cup	80 miniature
		8 regular
	10 1/2-oz pkg	5 1/2 cups
Marshmallows, regular	1 regular	10 mini
	1 cup	11 regular
	10 1/2-oz pkg	45 regular
	16-oz pkg	65 regular
Marzipan	7 oz	7/8 cup
Mayonnaise	32-oz jar	4 cups
Milk	1 qt	4 cups
Milk, evaporated	5-oz can	2/3 cup
	12-oz can	1 1/2 cups
Milk, instant dry	1/3 cup	1 cup prepared
	9.6-oz pkg	4 cups dry
		3 cups prepared
Milk, sweetened condensed	14-oz can	1 1/4 cups
Mint, fresh leaves	1 cup	1/4 cup dried leaves
Molasses	16-oz jar	2 cups
Mushrooms, canned	4-oz can	2/3 cup
	2/3-3/4 cup drained	6-8 oz fresh
Mushrooms, dried	2 1/2-3 oz	equal to 1 lb fresh when reconstituted
Mushrooms, fresh	1 lb	2 cups, sliced, sautéed
		18-20 med
		equal to 12 oz canned
		equal to 3 oz dried
Mussels, unshucked	1 qt	25 mussels
		1 cup meat

Mustard, dry	1 tsp	1 tbsp prepared mustard
	1 oz	5 tbsp
Mustard, prepared	1 oz	2 tbsp
	8 oz	1 cup
Mustard Greens, fresh	1 lb	6-7 cups leaves
		1 1/2 cups cooked
Mustard Greens, frozen	10 oz	1 1/4 cups cooked
Navy Beans, dried	1 lb	2 1/2 cups dried
		5 1/2 cups cooked
Noodles, uncooked	1 cup	1 1/4 cups cooked
	1 lb	10 cups uncooked
		12 cups cooked
Nutmeg, whole	1 whole	2 tsp grated
Nuts, in shell	1 lb	1/2 lb shelled
		4 cups chopped
		3 cups ground
Oats, rolled	1 cup	1 3/4 cups cooked
	1 lb	5 cups uncooked
Oats, steel-cut	1 cup uncooked	3 cups cooked
Okra, canned	16-oz	1 3/4 cups chopped/sliced
Okra, fresh	1 lb	35 pods
		1 1/2-2 cups sliced
Okra, frozen	10 oz	1 1/4 cups chopped/sliced
Olives, ripe, chopped	4 1/2-oz can	2/3 cup
Olives, ripe, pitted	15 lg or 36 small	1 cup chopped
Olives, ripe, sliced	2 1/4-oz can	1/2 cup
Olives, Spanish, stuffed	7-oz jar	approx 65
		equal to 1 medium onion,

Onion powder	1 tbsp	chopped
		4 tbsp fresh chopped onion
Onions, dehydrated	1/4 cup	equal to 1 cup chopped raw
Onions, French fried	2.8-oz can	1 3/8 cups
Onions, green w/tops	1 bunch	5 to 8
		1 cup sliced
Onions, white or yellow	1 small	3 oz
		1/3-1/2 cup chopped
Onions, white or yellow	1 med	4-5 oz
		1/2-1/3 cup chopped
Onions, white or yellow	1 lb	2 large/3 med
		2 to 2 1/2 cup chopped
Oranges	1 medium	1/3 to 1/2 cup juice
		1 1/2 to 2 tbsp grated peel
		1/3-1/2 cup sections
	1 lb	3 med
		1 cup juice
		1-1 1/2 cups sections
		4-5 tbsp grated peel
	Orange peel, dried	1 tbsp
grated peel of 1 medium orange		
2 tsp		1 tsp orange extract
Oreo Cookies	12 cookies	1 cup fine crumbs
Oysters, shucked	1 lb	12 med
		1 pint
Pancake Batter	1 cup	5 med pancakes (5-inch)
Papaya	1 lb	1 med
		2 cups sliced/cubed
		1 tbsp fresh parsley,

Parsley, dried	1 tsp	chopped
		2 sprigs fresh
Parsley, fresh	1 bunch, 2 oz	1 1/2 cups chopped
Parsnips	1 lb	4 medium parsnips
		2 cup cooked, diced
Peaches, canned slices	16 oz	2-2 1/2 cups drained
Peaches, dried	1 lb	3 cups dried
		5 1/4 cups cooked
Peaches, fresh	1 lb	4 medium
		2 cups peeled, sliced
Peaches, frozen	10 oz	1 cup slices drained
		1 1/4 cups slices w/juice
Peanut Butter	18-oz jar	2 cups
Peanuts, in shell	1 lb	2/3 lb shelled
		2 1/3 cups nuts
Peanuts, Spanish	7 oz	1 1/4 cups nuts
Pears, canned slices	16 oz	2-2 1/2 cups drained
Pears, dried	1 lb	2 3/4 cup dried
		5 1/2 cups cooked
Pears, fresh	1 lb	4 medium
		2 cups sliced or cooked
Pecans, halves	1 lb	4 cups
Pecans, in shell	1 lb	2 1/2 cups shelled nuts
		1/2 lb shelled nuts
Pecans, pieces	2-oz pkg	1/2 cup
	6-oz pkg	1 1/2 cups
Peppermint, dried	1 tbsp	1/4 cup chopped fresh mint
Pepperoni, sliced	3 1/2-oz pkg	50-54 slices
Peppers, sweet	1 small	1/4 cup chopped
	1 med	1/2 cup chopped

Peppers, sweet fresh	1 lg	1 cup chopped
	1 lb	3 lg or 5 med
		3-4 cups chopped
Peppers, sweet frozen	10-oz pkg	2 1/4 cups diced
Persimmon	1 med	4 oz edible flesh
Pheasant	1 avg	3 lbs
Pickles	1 lb	3 cups chopped
Pimientos, diced	2-oz jar	1/4 cup
	4-oz jar	1/2 cup
Pineapple, chunks or crushed	8-oz can	3/4 cup, 1/4 cup juice
	20-oz can	2 cups, 1/2 cup juice
Pineapple, fresh	1 med	2 lbs
		3 cups chunks/cubes
Pineapple, sliced	8-oz can	4 slices
	20-oz can	10 slices
Pine Nuts	5 oz	1 cup
Pinto Beans, dried	1 lb	2 cups dried
		5 cups cooked
Pistachios, shelled	1 lb	3 1/2-4 cups nuts
Pistachios, in shell	1 lb	3 1/2-4 cups
		2 cups shelled
Plantains	1 1/4 lb	2 med
		2 1/2 cups cooked slices
Plums, fresh	1 lb	8 to 10 small
		6 med
		5 lg
		2-2 1/2 cups pitted
		2 cups cooked
Pomegranates, fresh	1 med	1/2 cup pulp & seeds
	3-4 lg	5 lbs
		1 qt juice

Popcorn, unpopped	3 tbsp	4 cups popped
Poppy Seeds	1 oz	3 tbsp
Pork, boneless	1 lb	2 cups ground
Pork Loin, bone in	2 lbs	1 lb cooked meat
Potato Chips	4 oz	2 cups coarsely crushed
Potatoes, instant	1/3 cup flakes	1/2 cup prepared
Potatoes, new	1 lb	9-12 small
Potatoes, red	1 lb	7-9 small
		5-6 med
Potatoes, white or russet	1 lb	3 medium
		2 1/4 cups peeled, diced
		3 cups shredded
		2 cups French fries
		1 3/4 cups mashed
Prickly Pears	1 lg	1/2 cup chopped or puréed
Prunes, dried	12-oz pkg	2 1/2 cups dried
Pumpkin, fresh	1 lb	1 cup cooked, mashed
		4 cups peeled & cubed
	5 lbs	1 med
		4 1/2 cups cooked, puréed
Quinces	1 lb	3-4 med
		1 1/2 cup chopped
Rabbit	1 avg	2 lbs
		1 1/2 cups cooked meat
Radicchio	1 med head	8 leaves
Radishes	1 bunch	12 radishes
		1 cup sliced
Raisins, seedless	16 oz	2 3/4 cups
Raspberries, fresh	1 pint	1 3/4 cups

Raspberries, frozen	10-oz pkg	1 cup w/syrup
Rennet	1 tablet	1 tbsp liquid rennet
Red Beans, dried	1 lb	2 1/2 cups dried
		6 cups cooked
Rhubarb, fresh	1 lb	2 cup cooked
		4 to 8 stalks
Rice, aromatic, uncooked	1 cup	3 cups cooked
Rice, brown, uncooked	1 cup	4 cups cooked
Rice, instant	1 lb	4 cups uncooked
		8 cups cooked
Rice, long grain converted	2 lbs	4 3/4 cups uncooked
		14 cups cooked
Rice, wild	1 lbs	3 cups uncooked
		9-10 cups cooked
Rosemary, fresh	4" stem	1/4 tsp dried leaves
Rutabaga	1 med	2-3 lbs
		5 cups cubed
Saffron	4-6 threads	1/4 tsp crushed powder
Sage, fresh	1 tbsp chopped	1 tsp dried
	12 leaves	1 tsp dried
Salsify, fresh	1 lb	4-5 roots
Salt Pork	1/4 lb	1 cup cracklings
Sauerkraut	14-oz can	1 3/4 cups
	32-oz can	4 cups
Scallions, with tops	1 bunch	6-8 scallions
		1 cup sliced
Scallops, bay	1 lb	75 scallops
		2 cups
Scallops, sea	1 lb	30 scallops
		2 cups

Shallots, fresh	1 med	1/2-1 oz
		1 tbsp minced
Shortening	1-lb can	2 1/2 cups
Shrimp, canned	4 1/2-oz can	1/2 cup
Shrimp, in shell	1 lb	extra colossal less than 10
		colossal 10-15
		jumbo 21-25
		extra lg 26-30
		lg 31-35
		med 43-50
		sm 51-60
Snow peas, fresh	4 oz	1 1/2 cups trimmed
Snow peas, frozen	6 oz	1 1/2 cups
Soup Base Paste	3/4 tsp	1 cup prepared
Soybeans, dried	1 cup	3 cups cooked
Spaghetti, uncooked	1 lb	4-5 cups 2-inch pieces
		8-9 cups cooked
Spearmint, dried	1 tbsp	1/4 cup chopped fresh mint
Spinach, fresh	1 lb	4 cup torn leaves
		1 1/2 cup cooked
		1/2-3/4 cup cooked squeezed dry
Spinach, fresh, packaged	10 oz	6 cups leaves
		1 1/4 cup cooked
		2/3 cup cooked squeezed dry
Spinach, frozen	10-oz pkg	1 1/2 cups
Split Peas, dried	1 lb	2 1/3 cups dried
		5 cups cooked
Squash, spaghetti	2 lbs	4 cups cooked strands
		1 2/3 cup cooked and

Squash, summer	1 lb	mashed
		2 cups sliced, cooked
		3 med or 6 small
Squash, summer, frozen	10 oz	1 1/2 cups sliced
Squash, winter	1 lb	1 cup cooked and mashed
Squash, winter, frozen	12-oz pkg	1 1/2 cups sliced
Strawberries, fresh	1 pint	2 1/2 cups whole
		1 3/4 cup sliced
		1 1/4 cups puréed
		24 med
Strawberries, frozen, sliced	10-oz pkg	1 cups drained
		1 1/4 cups w/syrup
Strawberries, frozen, whole	20-oz pkg	4 cups, whole
		2 1/4 cups puréed
Stuffing Mix	8-oz pkg	4 cups dry
Suet	1 lb	3 3/4 cup chopped
Sugar, brown	1 lb	2 1/4 cups packed
Sugar, brown, granulated	14-oz box	2 3/4 cups
Sugar, granulated	1 lb	2 1/4 cups
	5 lbs	11 1/4 cups
Sugar, powdered	1 lb	3 1/2-3 3/4 cups unsifted
		4-4 1/2 cups sifted
Sugar Cubes	1 cube	1/2 tsp
Sunflower Seeds, in shell	7-oz pkg	2 1/2 cups in shell
		3/4 cups shelled nuts
Sweet potatoes, canned	16 oz	1 3/4-2 cups
Sweet potatoes, fresh	1 lb	2 lg or 3 med
		2 cups cubed or sliced
		1 3/4-2 cups mashed
		4 cups stems + 5-6 cups

Swiss Chard, fresh	1 lb	leaves
		1 1/2 cups cooked stems + 1 cup cooked leaves
Taco Seasoning, dry	1 1/4-oz pkg	4 tbsp dry
Tangerines	1 lb	4 avg
		2 cups sections
Tapioca, quick	8-oz pkg	1 1/2 cups
		3 3/4 cups cooked
Thyme, fresh	1 sprig	1/2 tsp dried
Tofu, firm	1 lb	2 1/2 cups cubed
		2 cups crumbled
		1 3/4 cups puréed
Tofu, soft	1 lb	1 3/4 cups puréed
Tomatillos	1 lb	12-16 med
Tomatoes, canned	16 oz	2 cups pulp & juice
	28 oz	2 cups drained
Tomatoes, canned, diced	16 oz	2 cups pulp & juice
Tomatoes, with chiles	14 1/2-oz can	1 3/4 cups
Tomatoes, cooked	2 lbs	1 1/2 cups
Tomatoes, fresh	1 med	1 cup chopped
	1 lb	2 lg, 3 med, 4 sm
		1-1 1/2 cups peeled, seeded, chopped
		3/4 cup cooked
Tomatoes, cherry	1 lb	1 pint
		25-35 tomatoes
Tomatoes, sun- dried	1 oz	10 tomatoes
Turkey, whole roaster	5-9 lbs	3 3/4 to 6 3/4 uncooked meat
Turkey, whole	12-18 lbs	25 servings

Turnip Greens, fresh	1 lb	6-7 cups raw leaves
		1 cup cooked leaves
Turnip Greens, frozen	10-oz pkg	1 1/2 cups cooked
Turnips	1 lb	3-4 med
		2 1/2-3 cups cooked & mashed
Turtle (Black) Beans, dried	1 lb	2-2 1/3 cups dried
		5 cups cooked
Vanilla Bean, scraped	1" bean	1 tsp extract
Vanilla Extract	1 oz	2 1/2 tbsp
Vanilla Wafers	30 wafers	1 cup fine crumbs
	12-oz box	88 wafers
Vegetables, frozen	10-oz pkg	1 1/2 cups
	16-oz pkg	2-2 3/4 cups
	20-oz pkg	3-4 cups
Walnuts, chopped	1 lb	3 1/2 cups
Walnuts, halves	2 1/2-oz pkg	5/8 cup
	7-oz pkg	1 3/4 cups
	16-oz pkg	4 cups
Walnuts, in shell	1 lb	2 cups shelled nuts
Walnuts, pieces	2-oz pkg	1/3 cup
Watercress	1 bunch	2 cups chopped
Watermelon, with rind	22 lbs	22 cups cubes or balls
Wax Beans, fresh	1 lb	3 cups trimmed
		2 1/2 cups cut & cooked
Wheat, cracked, uncooked	1 cup	3-3 1/2 cups cooked
Wheat Berries, uncooked	1 cup	3 cups cooked
Whipped Topping, frozen	8-oz carton	3 1/2 cups

White Beans, dried	1 lb	2-2 1/2 cups dried
		6 cups cooked
Wonton Wrappers	1 lb	60 wrappers
Yeast, active	1/4-oz pkg	2 1/4 tsp
	4-oz jar	14 tbsp
Yeast, compressed	.06-oz cake	equal to 1/4-oz pkg dry
	2-oz cake	equal to 3 (1/4-oz) pkgs dry
Yogurt	3 cups	1 cup yogurt "cheese"
Zucchini	1 lb	3 med
		1 cup sliced

Amounts can vary depending on food item size, peel, manufacturers' packing, etc.

[Home](#) [Cheese Glossary](#) [Measurement Equivalents](#) [Food Safety](#) [Wine Glossary](#) [Ingredient Equivalents](#) [Email Us](#)

Copyright © 2008 by e-cookbooks.net All Rights Reserved.

e-cookbooks.net is a Division of VJJE Publishing Co.

9121 Riverside Road Clay, NY 13041
1-877-210-9600