

<http://www.angelfire.com/bc/incredible/weightmeasure.html>

This is a start, more conversions coming later!

Food Conversions from POUNDS to CUPS

FOR PLANNING PURPOSES

This is extremely useful information if you are costing out a menu or if you have a food service 'formula' recipe that lists ingredients by weight and you want to convert the recipe to cups etc. instead of pounds.

Weights and their approximate measures and yield.

FOOD WEIGHT YIELD

Almonds, blanched.....	1 pound.....	1 1/2 cups
Apples.....	1 1/2 pounds.....	4 c. sliced
Apples, diced.....	1 pound.....	4 cups
Apples, canned pie pack.....	1 1/2 pounds.....	4 cups
Apple sauce.....	1 pound.....	2 cups
Apricots, diced, cooked.....	1 pound.....	5 cups
Apricots, fresh.....	1 pound.....	8 Apricots
Asparagus, fresh.....	1 pound.....	20 stalks
Asparagus, canned.....	1 pound.....	2 1/2 cups
Bacon, cooked, diced	1 lb.....	1 1/2 cups
Bacon, raw, diced.....	1 lb.....	2 cups or 20 slices
Baking powder.....	1 oz.....	2 1/2 Tbsp.
Baking powder.....	1 lb.....	2 1/2 cups
Bananas.....	1 lb.....	3 medium
mashed.....	1 lb.....	1 1/4 cups
diced.....	1 lb.....	2 1/4 cups
sliced.....	1 lb.....	2 cups
Beans, baked.....	1 lb.....	2 cups
Beans, kidney.....	1 lb.....	2 2/3 cups
Beans, lima, fresh.....	1 1/2 lb.....	4 cups
Beans, navy.....	1 lb.....	2 1/3 cups
Beans, navy, 1 lb. Soaked and cooked weights.....	2 1/8 lb.....	6 cups
Beans, string.....	1 lb.....	3 1/2 cups
Beef, dried.....	1 pound.....	4 cups
Beef, ground raw.....	1 pound.....	2 cups
Beef, cooked, diced.....	1 pound.....	3 cups
Beets, cooked, diced.....	1 pound.....	2 1/4 cups
Beets, " sliced.....	1 1/2 pounds.....	4 cups
Bran, all bran.....	1/2 pound	4 cups
Bran flakes	1 pound.....	12 cups

Bread, loaf	1 pound.....	18 slices
Bread, sandwich	2 pounds.....	38 slices
Bread, soft broken or stale.....	1 pound.....	9 cups
Bread crumbs, dry	1 pound.....	5 cups
Bread crumbs, fresh.....	1 pound.....	8 cups
Brussels sprouts.....	1 pound.....	4 cups
Butter.....	1 pound.....	2 cups
Butter.....	1 ounce.....	2 tbsp.
Butter, portion sliced	1 pound.....	48 pats
Cabbage, cooked.....	1 pound.....	1 1/2 cups
Cabbage, shredded.....	1 pound.....	7 cups
Carrots.....	1 pound.....	6 small
Carrots, cooked, diced.....	1 pound.....	3 cups
Carrots, raw, diced.....	1 pound.....	3 cups
Carrots, raw, ground.....	1 pound.....	3 1/4 cups
Celery, diced 1/2 in.....	1 pound.....	4 1/2 cups
Celery, diced 1/4 in.....	1 pound.....	4 cups
Celery, sliced, cooked.....	1 pound.....	1 1/2 cups
Celery Cabbage.....	1 pound.....	6 cups
Cheese, cottage.....	1 pound.....	2 1/4 cups
Cheese, diced.....	1 pound.....	3 1/2 cups
Cheese, Philadelphia cream.....	3 oz.....	1/3 cup
Cheese, 5 lb. Brick.....	1 pound.....	16 slices
Cottage cheese, No.10 dipper.....	1 pound.....	8-9 portions
NO.16.....	1 pound.....	12-13 portions
NO.30.....	1 pound.....	20 portions
Cherries, candied.....	1 pound.....	2 1/2 cups
Cherries, glace.....	1 pound.....	96 cherries
Cherries, red pie pack.....	1 pound.....	3 cups scant
Cherries, Royal Anne drained.....	1 pound.....	2 1/4 cups
Chicken, cooked.....	5 pounds.....	4-5 cups
Chicken, cooked and meat removed from bones.....	5 pounds.....	1 1/4 pounds
Chocolate.....	1 pound.....	16 squares (16 oz)
Chocolate, grated.....	1 pound.....	3 1/2 cups
Chocolate, grated.....	1 ounce.....	4 Tbsp.
Chocolate, melted.....	1 pound.....	2 cups scant
Citron, dried chopped.....	3 ounces.....	1 cup
Cocoa.....	1 pound.....	4 cups
Coconut, shredded.....	1 pound.....	7 cups
Coconut, moist canned.....	1 pound.....	5 cups
Coffee, coarse grind.....	1 pound.....	4 3/4 cups
Coffee, fine grind.....	1 pound.....	5 cups
Corn, canned.....	1 pound.....	1 3/4 cups
Cornflakes.....	1 pound.....	16 cups
Cornmeal.....	1 pound.....	3 cups
Corn syrup.....	11 ounces.....	1 cup

Corn syrup.....	1 pound.....	1 1/3 cups
Cornstarch.....	1 ounce.....	3 tbsp.
Cornstarch.....	1 pound.....	3 cups
Crackers, broken.....	1 pound.....	2 1/2 cups
Crackers, Graham.....	1 pound.....	48 crackers
Crackers, Soda.....	1 pound.....	104 crackers
Cracker crumbs, fine.....	10 ounces.....	4 cups
Cracker crumbs, fine.....	2 1/2 ounces.....	1 cup
Cranberries, raw.....	1 pound.....	4 cups
Cranberries, cooked.....	1 pound.....	4 cups
Cranberries, sauce, jellied.....	1 pound.....	2 cups
Cream of Tartar.....	1 ounce.....	3 tbsp
Cucumbers, diced.....	1 pound.....	3 cups
Cream of wheat.....	1 pound.....	2 2/3 cups
Dates.....	1 pound.....	2 1/2 cups
Dates, pitted.....	1 pound.....	3 cups or 50-60 medium
Eggs, 30 dozen case.....	41-43 pounds.....	360 eggs
Eggs, hard cooked.....	1 pound.....	8 eggs
Eggs, hard cooked, chopped.....	8 eggs.....	2 cups
Eggs, dried.....	1 pound.....	4 cups
Egg whites, dried.....	1 pound.....	8 cups
Egg yolks, dried.....	1 pound.....	4 3/4 cups
Flour, barley.....	1 pound.....	4 cups
rye.....	1 pound.....	4 cups
white, all purpose.....	1 pound.....	4 cups
" " 	1 cup.....	4 ounces
whole wheat.....	1 cup.....	4 4/5 ounces
" " 	1 pound.....	4 cups
soya cake, sifted.....	1 pound.....	5 cups 4 1/4 cups
Noodles raw.....	8 1/2 cups.....	1 lb.
1 lb., after cooking.....	3 qt.....	4 lb.
Macaroni, 1 in. pieces raw.....	4 cups.....	1 lb.
1 lb. After cooking	2 3/4 qt.....	5 lb.
Spaghetti raw.....	4 cups.....	1 lb.
1 lb. After cooking.....	2 1/3 qt.....	3 lb. And 14 oz.
Rolled Oats uncooked.....	4 3/4 cups.....	1 lb.
Rice raw.....	2 cups.....	2 lb. 10 oz.
Salt.....	1 1/2 Tbsp.....	1 oz.
Sugar		
Granulated.....	2 1/4 cups.....	1 lb.
Cube sugar.....	96 to 100.....	1 lb.
Brown sugar (packed).....	2 3/4 cups.....	1 lb.
Sifted powdered.....	3 1/2 cups.....	1 lb.
Tea.....	6 cups.....	1 lb.