

# Equivalency Chart

<u>Food</u>	<u>Quantity</u>	<u>Yield</u>
Flour, unsifted	3-3/4 cups	1 lb
Flour, sifted	4 cups	1 lb
Flour, sifted cake	4-1/2 cups	1 lb
Flour, rye	5 cups	1 lb
Flour	1 lb	4 cups
Baking Powder	5-1/2 oz	1 cup
Cornmeal	3 cups	1 lb
Cornstarch	3 cups	1 lb
Lemon	1 medium	3 Tbs juice
Apple	1 medium	1 cup
Orange	3-4 medium	1 cup juice
Onion	1 medium	1/2 cup
Unshelled Walnuts	1 lb	1-1/2 to 1-3/4 cups
Sugar	2 cups	1 lb
Powdered Sugar	3-1/2 cups	1 lb
Brown Sugar	2-1/2 cups	1 lb
Spaghetti	7 oz	4 cups cooked
Noodles (uncooked)	4 oz (1-1/2 to 2 cups)	2-3 cups cooked
Noodles (cooked)	8 oz package	7 cups
Macaroni (uncooked)	4 oz (1-1/4 cups)	2-1/4 cups cooked
Macaroni (cooked)	8 oz package	6 cups
Rice, Long-grain (uncooked)	1 cup	3-4 cups cooked
Rice	2-1/3 cups	1 lb
Saltine Crackers	28 crackers	1 cup fine crumbs
Butter	1 stick (1/4 lb)	1/2 cup
Cocoa	4 cups	1 lb
Chocolate (bitter)	1 oz	1 square
Coconut	2-2/3 cups	1-1/2 lb carton
Marshmallows	16 large	1/4 lb
Graham Crackers	14 squares	1 cup fine crumbs
Vanilla Wafers	22 wafers	1 cup fine crumbs
Bread	1-1/2 slices	1 cup soft crumbs
Bread	1 slice	1/4 cup fine dry crumbs
Egg	4-5 whole	1 cup
Egg Whites	8-10 whites	1 cup
Egg Yolks	10-12 yolks	1 cup
Gelatin, Flavored	3-1/4 oz	1/2 cup
Gelatin, Unflavored	1/4 oz	1 Tb
Nuts (chopped)	1 cup	1/4 lb
Almonds	3-1/2 cups	1 lb
Walnuts (broken)	3 cups	1 lb
Raisins	3-1/2 cups	1 lb
American Cheese (grated)	5 cups	1 lb
American Cheese (cubed)	2-2/3 cups	1 lb
Cream Cheese	3 oz package	6-2/3 Tbs
Banana (mashed)	1 medium	1/3 cup
Coffee (ground)	5 cups	1 lb
Evaporated Milk	1 cup	3 cups whipped