

Food Equivalents

Use this chart to determine the equivalents of some common ingredients. All measurements are approximate.

Ingredient	Equivalent
Bacon	1 slice = 1 tbsp (15 mL) cooked and crumbled 1 lb (500 g) = 1 ½ cups (375 mL) cooked and crumbled
Baking Powder	1/6 oz (5 g) = 1 tsp (5 mL)
Baking Soda	1/7 oz (4 g) = 1 tsp (5 mL)
Bananas	1 lb (500 g) = 3 to 4 medium = 2 cups (500 mL) sliced = 1 ¾ cups (425 mL) mashed
Barley, pearl	1 cup (250 mL) uncooked yields 3 ½ to 4 cups (875 mL to 1 L) cooked
Beans, dried	8 oz (250 g) = 1 cup (250 mL) uncooked 1 cup (250 mL) uncooked yields 2 to 3 cups (500 to 750 mL) cooked
Bread Crumbs	<i>Dry bread crumbs are powdered like fine sand; fresh bread crumbs are soft and the size of peas.</i>
	Dry 1 slice = ¼ cup (50 mL) dry bread crumbs
	Fresh 1 slice = ½ cup (125 mL) fresh bread crumbs
Bulgur	
	Fine ¾ cup (175 mL) uncooked yields 2 ½ cups (625 mL) cooked
	Medium ¾ cup (175 mL) uncooked yields 2 cups (500 mL) cooked
	Coarse ¾ cup (175 mL) uncooked yields 1 ¾ cup (425 mL) cooked
	Toasted Cracked Wheat 1 cup (250 mL) uncooked yields 2 cups (500 mL) cooked
Candied Fruit	
	Cherries 1 lb (500 g) = 2 cups (500 mL)
	Crystallized Ginger 4 oz (125 g) = 1 cup (250 mL)
	Mixed Fruit 1 lb (500 g) = 2 cups (500 mL)
	Peel (lemon, orange, citron) 1 lb (500 g) = 2 cups (500 mL)
	Pineapple 1 lb (500 g) = 2 cups (500 mL)
Cheese	
	Blue 4 oz (125 g) = 1 cup (250 mL) crumbled
	Cheddar 1 lb (500 g) = 4 cups (1 L) shredded
	Feta 4 oz (125 g) = 1 cup (250 mL) crumbled
	Mozzarella 1 lb (500 g) = 3 ½ cups (875 mL) shredded
	Parmesan 2 ¼ oz (65 g) = ½ cup (125 mL) grated
Chocolate Chips	6 oz (175 g) = 1 cup (250 mL) 12 oz (350 g) = 2 cups (500 mL)

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Coffee	1 lb (500 g) = 5 to 5 ½ cups (1.25 to 1.375 L) grounds 1 lb (500 g) yields 40 to 50 brewed cups (6 oz/170 mL each)
Coconut	
Flaked	3 oz (85 g) = 1 cup (250 mL) 7 oz (200 g) = 2 ½ cups (625 mL)
Medium	4 oz (125 g) = 1 cup (250 mL) 7 oz (200 g) = 1 ¾ cups (425 mL)
Cookie Crumbs	
Chocolate Wafers	18 wafers = 1 cup (250 mL) crumbs
Gingersnaps	22 cookies = 1 cup (250 mL) crumbs
Graham Wafers	14 wafers = 1 cup (250 mL) crumbs
Vanilla Wafers	30 wafers = 1 cup (250 mL) crumbs
Couscous	1 cup (250 mL) uncooked yields 2 ½ cups (625 mL) cooked
Cornstarch <i>1 tbsp (15 mL) cornstarch will thicken 1 cup (250 mL) liquid.</i>	⅛ oz (4 g) = 1 tsp (5 mL) ⅓ oz (10 g) = 1 tbsp (15 mL)
Cream Cheese	4 oz (125 g) = ½ cup (125 mL) 8 oz (250 g) = 1 cup (250 mL)
Dried Fruit	
Apricots	1 lb (500 g) = 2 ½ to 3 cups (625 to 750 mL)
Currants	1 lb (500 g) = 3 cups (750 mL)
Dates	1 lb (500 g) = 2 ½ cups (625 mL) chopped
Figs	1 lb (500 g) = 3 cups (750 mL) chopped
Egg	
Whole <i>To measure half an egg, beat 1 whole egg, then measure out 1 ½ tbsp (22 mL).</i>	1 large egg = 3 tbsp (45 mL) whole egg 5 large eggs = 6 medium eggs = 7 small eggs = 1 cup (250 mL) whole egg
White	1 large egg = 2 tbsp (25 mL) white 7 egg whites = 1 cup (250 mL) whites
Yolk	1 large egg = 1 tbsp (15 mL) yolk 14 egg yolks = 1 cup (250 mL) yolks
Fats	
Butter	1 lb (500 g) = 2 cups (500 mL) = 4 sticks 1 stick = ½ cup (125 mL) = ¼ lb (125 g) = 8 tbsp (125 mL)
Margarine	1 lb (500 g) = 2 cups (500 mL) = 4 squares 1 square = ½ cup (125 mL) = ¼ lb (125 g) = 8 tbsp (125 mL)
Lard	1 lb (500 g) = 2 ⅓ cups (575 mL)
Shortening	1 lb (500 g) = 2 ⅓ cups (575 mL)
Suet	1 lb (500 g) ground = 3 ¾ cups (925 mL)

Flour	
All-purpose	1 lb (500 g) = 3 ½ cups (875 mL)
Bread	1 lb (500 g) = 3 ¾ cups (925 mL)
Cake and Pastry	1 lb (500 g) = 4 ½ cups (1.125 L) sifted
Self-rising	1 lb (500 g) = 3 ½ cups (875 mL)
Whole Wheat	1 lb (500 g) = 4 cups (1 L)
Gelatin <i>1 tbsp (15 mL) unflavored gelatin will gel 2 cups (500 mL) liquid.</i>	¼ oz (7 g) pkg = 1 tbsp (15 mL)
Honey	1 lb (500 g) = 1 ⅓ cups (325 mL)
Lemons	
Juice	1 medium lemon = 3 tbsp (45 mL) juice
Peel	1 medium lemon = 1 to 2 tsp (5 to 10 mL) grated lemon peel
Lentils, red or green	1 lb (500 g) = 2 ¼ cups (550 mL) uncooked yields 5 cups (1.25 L) cooked
Limes	
Juice	1 medium lime = 1 to 2 tbsp (15 to 25 mL) juice 1 Key lime = 2 tsp to 1 tbsp (10 to 15 mL) juice
Peel	1 medium lime = 1 to 2 tsp (5 to 10 mL) grated lime peel 1 Key lime = ¾ to 1 tsp (3 to 5 mL) grated lime peel
Marshmallows	1 pkg (400 g) = 54 regular = 45 jumbo = 710 miniature 1 regular (7 g) = 13 miniature 1 jumbo (9 g) = 16 miniature
Milk Powder	
Buttermilk	3 tbsp (40 mL) = 1 cup (250 mL) reconstituted
Skim	⅓ cup (75 mL) = 1 cup (250 mL) reconstituted 1 ⅓ cups (325 mL) = 4 cups (1 L) reconstituted
Nuts <i>All measures are for nuts without shells.</i>	
Almonds	1 lb (500 g) = 3 cups (750 mL) whole = 4 cups (1 L) slivered = 4 ½ cups (1.125 L) sliced = 5 cups (1.25 L) ground
Brazil Nuts	1 lb (500 g) = 3 cups (750 mL) whole
Cashews	1 lb (500 g) = 3 ⅓ cups (825 mL) whole
Hazelnuts	1 lb (500 g) = 3 ½ cups (875 mL) whole
Peanuts	1 lb (500 g) = 3 ½ to 4 cups (875 mL to 1 L) whole
Pecans	1 lb (500 g) = 4 cups (1 L) halves = 3 ¾ cups (925 mL) chopped
Walnuts	1 lb (500 g) = 3 ¾ cups (925 mL) halves = 3 ½ cups (875 mL) chopped
Oats, rolled (quick-cooking, old-fashioned)	1 lb (500 g) uncooked = 5 cups (1.25 L) uncooked 1 cup (250 mL) uncooked yields 1 ¾ cups (425 mL) cooked

Oranges	
Juice	1 medium orange = $\frac{1}{3}$ to $\frac{1}{2}$ cup (75 to 125 mL) juice
Peel	1 medium orange = 2 to 3 tbsp (25 to 45 mL) grated orange peel
Pasta	
Long (spaghetti, fettuccine)	4 oz (125 g) uncooked long pasta has about the same diameter as a 25-cent coin
Short-shaped (macaroni, penne)	4 oz (125 g) = 1 cup (250 mL) uncooked 1 cup (250 mL) uncooked yields 2 cups (500 mL) cooked
Quinoa	1 cup (250 mL) uncooked yields 3 $\frac{1}{2}$ to 4 cups (875 mL to 1 L) cooked
Raisins, seedless	1 lb (500 g) = 4 cups (1 L)
Rice	
Brown	1 cup (250 mL) uncooked yields 3 cups (750 mL) cooked
Long Grain White	1 cup (250 mL) uncooked yields 3 cups (750 mL) cooked
Short Grain White	1 cup (250 mL) uncooked yields 3 cups (750 mL) cooked
Wild	1 cup (250 mL) uncooked yields 3 $\frac{2}{3}$ cups (900 mL) cooked
Split Peas	1 lb (500 g) = 2 $\frac{1}{4}$ cups (550 mL) dried yields 5 cups (1.25 L) cooked
Sugar	
Brown	1 lb (500 g) = 2 $\frac{1}{4}$ cups (550 mL)
Granulated (white)	1 lb (500 g) = 2 cups (500 mL) 1 tsp (5 mL) = two $\frac{1}{2}$ inch (1.25 cm) sugar cubes
Icing (confectioners', powdered)	1 lb (500 g) = 3 $\frac{1}{2}$ to 4 cups (875 mL to 1 L)
Superfine (berry, castor)	1 lb (500 g) = 2 $\frac{1}{3}$ cups (575 mL)
Whipping Cream	1 cup (250 mL) unwhipped yields 2 cups (500 mL) whipped
Yeast	$\frac{1}{4}$ oz (7 g) pkg active dry yeast = 2 $\frac{1}{4}$ tsp (11 mL) = 0.6 oz (17 g) cake compressed fresh yeast $\frac{1}{4}$ oz (7 g) pkg instant yeast = 2 $\frac{1}{4}$ tsp (11 mL)

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