

## University of Missouri Extension

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# In a Pinch: Food Yields

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Can you answer the following question?

- 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 nutmeats 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 time-saver.

### Note

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

## Food yields

### Apples

- 1 pound (3 medium) equals 2-3/4 to 3 cups sliced

### Bacon

- 8 slices equals 1/2 cup crumbled

### Bananas

- 1 pound (3 medium) equals 2-1/2 cups sliced or 2 cups mashed

### Barley, regular

- 1 cup, uncooked equals 4 cups cooked

### Barley, quick

- 1 cup, uncooked equals 3 cups cooked

### Beans, dry

- 1 cup, uncooked equals 3 cups cooked

## **Bread crumbs**

- 1 slice, dry equals 1/4 to 1/3 cup crumbs
- 1 slice, soft equals 1/2 to 3/4 cup crumbs

## **Cabbage**

- 1 pound equals 3-1/2 to 4-1/2 cups shredded

## **Candied fruit or peels**

- 1/2 pound equals 1-1/4 cups cut up

## **Cheese, American**

- 1 pound equals 4 to 5 cups shredded

## **Cheese, cheddar**

- 1 pound equals 4 cups shredded

## **Coconut, flaked or shredded**

- 1 pound equals 5 cups

## **Chocolate, morsels or chips**

- 6-ounce package equals 1 cup

## **Chocolate, cocoa**

- 1 pound equals 4 cups

## **Chocolate, unsweetened**

- 1/2 pound equals 8 (1 ounce each) squares

## **Coffee**

- 1 pound equals 40 to 50 servings

## **Cornmeal**

- 1 pound equals 3 cups dry
- 1 cup uncooked equals 4 cups cooked mush

## **Crackers, graham**

- 10 crackers equals 1 cup fine crumbs

### **Crackers, soda**

- 16 crackers equals 1 cup coarse crumbs
- 22 crackers equals 1 cup fine crumbs

### **Cranberries, fresh uncooked**

- 1 pound equals 4 cups

### **Cream, heavy whipping**

- 1 cup (1/2 pint) equals 2 cups whipped

### **Dates, pitted and cut up**

- 1 pound equals 2-1/2 cups

### **Fat, butter or margarine, solid**

- 1 pound (4 sticks) equals 2 cups
- 1/4 pound (1 stick) equals 1/2 cup or 8 tablespoons

### **Fat, butter, whipped**

- 1 pound equals 3 cups

### **Fat, oils**

- 1 quart equals 4 cups

### **Fat, shortening**

- 1 pound equals 2-1/2 cups

### **Figs, dried and cut fine**

- 1 pound equals 2-2/3 cups

### **Flour, corn**

- 2 pounds equal 8 cups

### **Flour, gluten, sifted**

- 2 pounds equal 6-1/2 cups

### **Flour, rice, sifted**

- 2 pounds equal 7 cups

### **Flour, rice, stirred, spooned**

- 2 pounds equal 5-3/4 cups

### **Flour, rye, light, sifted**

- 2 pounds equal 10 cups

### **Flour, rye, dark, sifted**

- 2 pounds equal 7 cups

### **Flour, soy, full-fat, sifted**

- 2 pounds equal 15 cups

### **Flour, soy, low-fat**

- 2 pounds equal 11 cups

### **Flour, wheat, all-purpose**

- 5 pounds equal 20 cups
- 2 pounds equal 8 cups

### **Flour, wheat, unsifted, spooned**

- 2 pounds equal 7 cups

### **Flour, wheat, bread, sifted**

- 2 pounds equal 8 cups

### **Flour, wheat, cake sifted**

- 2 pounds equal 9-1/4 cups

### **Flour, cake, spooned**

- 2 pounds equal 8-1/4 cups

### **Flour, pastry, sifted**

- 2 pounds equal 9 cups

### **Flour self-rising, sifted**

- 2 pounds equal 8 cups

### **Flour, whole-wheat, stirred**

- 2 pounds equal 6-2/3 cups

### **Marshmallows, regular size**

- 1 pounds equals 8 cups
- 1 pound equals 64 regular marshmallows
- 8 regular marshmallows equal 1 cup
- 1 regular marshmallow equals 13 miniatures marshmallows

### **Marshmallows, miniature**

- 1 pound equals 8 cups
- 13 miniatures marshmallows equal 1 regular marshmallow

### **Nuts, almonds, in shell**

- 1 pound equals 1 to 1-3/4 cups nutmeats

### **Nuts, almonds, shelled**

- 1 pound equals 3 cups blanched whole

### **Nuts, English walnuts, in shell**

- 1 pound 1-2/3 cups halves

### **Nuts, English walnuts shelled**

- 1 pound equals 4-1/2 cups halves or 3-2/3 cups chopped

### **Nuts, filberts, in shell**

- 1 pound equals 1-1/2 cups nutmeats

### **Nuts, filberts, shelled**

- 1 pound, equals 3-1/4 to 3-1/2 cups nutmeats

### **Nuts, peanuts, in shell**

- 1 pound equals 2 to 2-1/4 cups nutmeats

### **Nuts, peanuts, shelled**

- 1 pound equals 3 to 3-1/4 cups nutmeats

### **Nuts, pecans, in shell**

- 1 pound equals 2-1/4 cups nutmeats

### **Nuts, pecans, shelled**

- 1 pound equals 4 to 4-1/2 cups halves or 3 to 3-3/4 cups chopped

### **Oats, rolled**

- 1 cup uncooked equals 1-3/4 cups cooked
- 1 ounce uncooked equals 1/3 cup uncooked

### **Onion**

- 1 small equals 1/4 cup chopped
- 1 medium equals 1/2 cup chopped
- 1 large equals 1 cup chopped

### **Pasta, macaroni**

- 1 pound equals 4 cups, uncooked
- 1 cup uncooked equals 2 to 2-1/4 cups cooked

### **Pasta, noodles**

- 1 cup uncooked equals 1-3/4 cups cooked

### **Pasta, spaghetti, 2-inch pieces**

- 1 pound equals 4-3/4 cups uncooked or 9 to 10 cups cooked

### **Popcorn**

- 1/4 cup kernels equals 8 cups popcorn
- 1/3 cup kernels equals 12 cups popcorn

### **Potatoes, white**

- 1 pound (3 medium) equals 1-1/2 to 2-1/4 cups cooked, diced or sliced or 1-3/4 to 2 cups mashed

### **Prunes, dried, whole and pitted**

- 1 pound equals 2-1/4 cups

### **Raisins**

- 15-ounce package equals 3 cups
- 1 pound equals 3-1/4 cups

### **Rice, regular**

- 1 cup uncooked equals 3 cups cooked

## **Rice, minute**

- 3/4 cup uncooked equals 1-1/3 cups cooked

## **Shrimp, fresh**

- 3/4 pound raw in shell equals 1 cup cooked and cleaned
- 7-ounce package, frozen peeled, cooked equals 1 cup cooked and cleaned
- 4-1/2- or 5-ounce can equals 1 cup cooked and cleaned

## **Sugar, brown**

- 1 pound equals 2-1/4 cups firmly packed

## **Sugar, confectioners' unsifted**

- 1 pound equals 3 to 4 cups

## **Sugar, granulated**

- 1 pound equals 2-1/4 cups
- 5 pounds equal 11-1/4 cups

## **Tea, loose**

- 1 pound equals 200 cups

## **Tomatoes**

- 1 pound (3 medium) equal 1-1/2 cups chopped or 3/4 cup sliced

## **Zucchini**

- 1 medium (5 to 6 ounces) equals 1 cup loosely packed, grated

## **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 nonstandard 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.

## References

- Rombauer, I.S. and M. Rombauer Becker. *Joy of Cooking*. New York: The New American Library, 1964
- American Home Economics Association's *Handbook of Food Preparation*, eighth edition.
- Indiana Cooperative Extension Service, Purdue University: *Substitutions and Equivalents In Food Ingredients*.
- North Dakota Cooperative Extension Service: *Ingredient Substitutions*.

## Related MU Extension publications

- MP564, In a Pinch: Ingredient Substitution  
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