

In a Pinch Food Yields

Cooperative Extension Service
College of Agriculture and
Home Economics



Guide E-132

Revised by Martha Archuleta, Food and Nutrition Specialist

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CAN YOU ANSWER THE FOLLOWING QUESTIONS?

- 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 timesaver!

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

YIELD EQUIVALENCIES

Food	This Much	Equals This Much	Food	This Much	Equals This Much
apples	1 pound (3 medium)	2-3/4-3 cups sliced	chocolate		
bacon	8 slices	1/2 cup crumbled	• morsels or chips	6-oz package	1 cup
bananas	1 pound (3 medium)	2-1/2 cups sliced, 2 cups mashed	• cocoa	1 pound	4 cups
Barley			• chocolate,	1/2 pound	8 (1-oz. ea) squares unsweetened
• regular	1 cup, uncooked	4 cups cooked	coffee	1 pound	40-50 servings
• quick	1 cup, uncooked	3 cups cooked	cornmeal	1 pound	3 cups dry
beans, dry	1 cup, uncooked	3 cups cooked		1 cup uncooked	4 cups cooked mush
bread crumbs	1 slice, dry	1/4-1/3 cup crumbs	crackers		
	1 slice, soft	1/2-3/4 cup crumbs	• graham	10 crackers	1 cup fine crumbs
cabbage shredded	1 pound	3-1/2-4-1/2 cups	• soda	16 crackers	1 cup coarse crumbs
candied fruit or peels	1/2 pound	1-1/4 cups cut up		22 crackers	1 cup fine crumbs
cheese			Cranberries, fresh uncooked	1 pound	4 cups
• American	1 pound	4-5 cups shredded	cream, heavy whipping	1 cup (1/2 pint)	2 cups whipped
• cheddar and mozzarella	1 pound 1 oz	4 cups shredded 1/4 cup shredded	dates, pitted and cut up	1 pound	2-1/2 cups
coconut, flaked or shredded	1 pound	5 cups	fat		
			• butter or margarine, solid	1 pound (4 sticks) 1/4 pound (1 stick)	2 cups 1/2 cup or 8 Tbsp

To find more resources for your business, home, or family, visit the College of Agriculture and Home Economics on the World Wide Web at www.cahe.nmsu.edu

Food	This Much	Equals This Much	Food	This Much	Equals This Much
• butter, whipped	1 pound	3 cups	-shelled	1 pound	4–4 1/2 cups halves
• oils	1 quart	4 cups			3-3 3/4 cups chopped
• shortening	1 pound	2-1/2 cups	oats, rolled	1 cup uncooked	1-3/4 cups cooked
figs,	1 pound	2-2/3 cups		1 ounce uncooked	1/3 cup uncooked
dried and cut fine			onion	1 small	1/4 cup chopped
flour				1 medium	1/2 cup chopped
• corn	2 pounds	8 cups		1 large	1 cup chopped
• gluten, sifted	2 pounds	6-1/2 cups	pasta		
• rice	2 pounds		• macaroni	1 pound	4 cups, uncooked
-sifted		7 cups		1 cup uncooked	2–2-1/4 cups cooked
-stirred, spooned		5-3/4 cups	• noodles	1 cup uncooked	1-3/4 cups cooked
• rye	2 pounds		• spaghetti, 2-in.	1 pound	4-3/4 cups uncooked
-light, sifted		10 cups	pieces		9–10 cups cooked
-dark, sifted		7 cups	popcorn	1/4 cup kernels	8 cups popcorn
• soy	2 pounds			1/3 cup kernels	12 cups popcorn
-full-fat, sifted		15 cups	potatoes	1 pound	1-1/2–2-1/4 cups cooked,
-low-fat		11 cups		diced or sliced	
• wheat			white	(3 medium)	1-3/4–2 cups mashed
-all-purpose, sifted	5 pounds	20 cups	prunes, dried,	1 pound	2-1/4 cups
-all-purpose, sifted	2 pounds	8 cups	whole and pitted		
-unsifted, spooned	2 pounds	7 cups	raisins	15 oz. package	3 cups
-bread, sifted	2 pounds	8 cups		1 pound	3-1/4 cups
-cake, sifted	2 pounds	9-1/4 cups	rice		
-cake, spooned	2 pounds	8-1/4 cups	• regular	1 cup uncooked	3 cups cooked
-pastry, sifted	2 pounds	9 cups	• minute	3/4 cup uncooked	1-1/3 cups cooked
-self-rising, sifted	2 pounds	8 cups	shrimp, fresh	3/4 pound raw in shell	1 cup cooked and
-whole-wheat, stirred	2 pounds	6-2/3 cups	(1) 7 oz. packed	cleaned	
marshmallows				frozen peeled, cooked	
• standard size	1 pound	4 cups		(1) 4-1/2 or 5 oz. can	
• miniature	1 pound	13-1/2 cups	sugar		
nuts			• brown	1 pound	2-1/4 cups firmly packed
• almonds			• confectioners',	1 pound	3–4 cups
-in shell	1 pound	1–1-3/4 cups nutmeats	unsifted		
-shelled	1 pound	3 cups blanched whole	• granulated	1 pound	2-1/4 cups
• English walnuts				5 pounds	11-1/4 cups
-in shell	1 pound	1-2/3 cups nutmeats	tea, loose	1 pound	200 cups
-shelled	1 pound	4-1/2 cups halves	tomatoes	1 pound	1-1/2 cups chopped
		3-2/3 cups chopped		(3 medium)	3/4 cup sliced
• filberts			zucchini	1 medium	1 cup loosely packed,
-in shell	1 pound	1-1/2 cups nutmeats		(5–6 oz)	grated
-shelled	1 pound	3-1/4–3-1/2 cups nutmeats			
• peanuts					
-in shell	1 pound	2–2-1/4 cups nut meats			
-shelled	1 pound	3–3-1/4 cups nut meats			
• pecans					
-in shell	1 pound	2-1/4 cups nut meats			

COMMON CAN SIZES

Can Size	Weight	Cups	Products
8 oz.	8 oz	1	Fruits, vegetables, specialties for small families.
Picnic	10-1/2-12 oz	1-1/4	Mainly condensed soups. Some fruits, vegetables, meat, fish, specialties.
12 oz vacuum	12 oz	1-1/2	Mainly for vacuum-packed corn.
No. 300	14-16 oz (14 oz-1 lb)	1-3/4	Pork and beans, baked beans, meat products, cranberry sauce, blueberries, specialties.
No. 303	16-17 oz. (1 lb-1 lb 1 oz)	2	Principal size for fruits and vegetables. Also some meat products, ready-to-serve soups, specialties.
No. 2	20 oz. (1 lb 4 oz) or 18 fl oz (1 pt 2 fl oz)	2-1/2	Juices, ready-to-serve soups, some specialties, pineapple, apple slices. No longer in popular use for most fruits and vegetables.
No. 2-1/2	27-29 oz. (1 lb 11 oz- 1 lb 13 oz)	3-1/2	Fruits, some vegetables (pumpkin, sauerkraut, spinach and other greens, tomatoes).
No. 3 cylinder or 46 fl. oz	51 oz. (3 lb 3 oz) or 46 fl oz (1 qt 14 fl. oz)	5-3/4	Fruit and vegetable juices, pork and beans. Institutional size for condensed soups, some vegetables
No. 10	6-1/2 lb to 7 lb, 5 oz	12-13	Institutional size for fruits, vegetables, and some other foods.

OVEN TEMPERATURES

If your treasured family recipe describes oven temperatures as slow, moderate or hot, this quick reference chart will help you decide what temperature to set your oven.

Oven Description	Temperature in Degrees
very slow oven	250°-275°F
slow oven	300°-325°F
moderate oven	350°-375°F
hot oven	400°-425°F
very hot oven	450°-475°F
extremely hot oven	500°-525°F

BAKING PAN SIZES

Pan size	Batter Amount
rectangular cake pans	
• 8 x 8 x 2 in deep	6 cups batter
• 9 x 9 x 1-1/2 in deep	8 cups batter
• 9 x 9 x 2 in deep	10 cups batter
• 13 x 9 x 2 in deep	14 cups batter
round cake pans	
• 8 x 1-1/2 in deep	4 cups batter
• 9 x 1-1/2 in deep	6 cups batter
pie plates	
• 8 x 1 1/4 in deep	3 cups filling to be level with top; 4-4-1/2 cups filling, mounded
• 9 x 1/2 in deep	4 cups filling to be level with top; 5-6 cups filling, mounded
loaf pans	
• 8-1/2 x 4-1/2 x 2-1/2 in deep	6 cups batter
• 9 x 5 x 3 in deep	8 cups batter

EQUIVALENT MEASURES

This Much	Equals This Much
1 gallon	4 quarts
1 quart	2 pints
1 pint	2 cups
8 quarts	1 peck
4 pecks	1 bushel
1 cup	16 tablespoons
7/8 cup	14 tablespoons
3/4 cup	12 tablespoons
2/3 cup	10-2/3 tablespoons
5/8 cup	10 tablespoons
1/2 cup	8 tablespoons
3/8 cup	6 tablespoons
1/3 cup	5-1/3 tablespoons
1/4 cup	4 tablespoons
1/8 cup	2 tablespoons
1/16 cup	1 tablespoons
1 tablespoon	3 teaspoons
7/8 tablespoon	2-1/2 teaspoons
3/4 tablespoon	2-1/4 teaspoons
2/3 tablespoon	2 teaspoons
5/8 tablespoon	1-7/8 teaspoons
1/2 tablespoon	1-1/2 teaspoons
3/8 tablespoon	1-1/8 teaspoons
1/3 tablespoon	1 teaspoon
1/4 tablespoon	3/4 teaspoon

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 non-standard 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.

This publication was originally adapted by Alice Jane Hendley.

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