

**A - Ingredients**

<b>Ingredient</b>	<b>Amount</b>	<b>Equivalents</b>
Alfalfa Sprouts	1 lb.	6 cups
Allspice, ground	1 oz.	4 1/2 tbsp.
Almond, paste	8 oz.	1 3/4 cups
Almonds	1 lb. in shell	5 - 6 oz. shelled, 1 1/4 cup shelled
Almonds, chopped	1 lb. shelled	3 1/3 to 3 2/3 cups
Almonds, ground	1 lb. shelled	2 2/3 to 3 cups
Almonds, slivered	1 lb. shelled	4 cups
Almonds, whole	1 lb. shelled	4 1/4 cups
Anchovy Fillets	2 oz. can	12 anchovies, 3 tbsp. mashed
Anchovy Paste	2 oz. tube	4 tbsp.
Apple Pie Filling	21 oz. can	2 1/3 cups
Apples	1 medium	1 cup diced or sliced, 3/4 cup chopped
Apples	1 lb.	2 large, 3 medium, 4 small, 2 1/2 to 3 cups chopped
Apples, dried	6 oz. pkg.	1 cup dried, 2 2/3 cups cooked
Applesauce	16 oz. jar	2 cups
Applesauce, homemade	1 lb. apples	1 1/2 cups sauce
Apricots, canned	16 oz.	2 cups drained, 6 to 8 whole
Apricots, dried	6 oz. pkg.	1 cup dried, 1 1/2 to 2 cups cooked
Apricots, fresh	2 medium	1/2 cup sliced
Apricots, fresh	1 lb.	2 cups halves or slices, 8 to 12 medium whole
Arrowroot	1 tbsp.	thickens as 2 1/2 tbsp. flour
Artichokes	1 small	2 to 3 oz.
Artichokes	1 medium	8 to 10 oz.
Artichokes	1 large	15 to 20 oz., 1 first course serving
Arugula, fresh	1 oz.	1 cup
Asparagus, canned	14 1/2 - 16 oz.	12 to 18 spears
Asparagus, fresh	1 lb.	16 to 20 spears, 3 cups trimmed, 2 1/2 cups cooked
Asparagus, frozen	10 oz.	2 cups, equals 1 1/4 lb. fresh
Avocados	1 lb.	2 medium whole, 2 1/2 cups chopped, diced or sliced, 1 1/2 cups puréed pulp

**B - Ingredients**

<b>Ingredient</b>	<b>Amount</b>	<b>Equivalents</b>
Bacon, sliced	1 lb.	10 - 15 thick slices, 16 - 24 medium slices, 25 - 30 thin slices
Bacon, slices cooked	1 slice	1 tbsp crumbled
Bacon, slices cooked	1 lb.	1 to 1 1/2 cups crumbled
Baked Beans	1 gallon	20 to 22 servings
Baking Powder	7 oz. can	7/8 cups, 13 1/3 tbsp., 40 tsp.

Baking Soda	16 oz. box	1 7/8 cups, 30 tbsp., 90 tsp.
Bamboo Shoots, canned	8 oz. can	1 cup drained
Bananas	1 medium	3/4 cup sliced, 1/3 cup mashed
Bananas	1 lb.	3 or 4 medium whole, 1 1/3 cup mashed, 2 cups diced
Bananas, dried slices	1 lb.	4 to 4 1/2 cups
Barley, pearl	1 lb. quick cooking	2 1/2 cups uncooked, 8 cups cooked
Basil, dried	1 oz.	3/4 cup
Basil, fresh	1/2 oz.	1 cup chopped
Bay Leaves, dried	1 whole	1/8 to 1/4 tsp. crushed, 1/4 to 1/2 tsp. broken
Bean Sprouts, canned	16 oz. can	2 cups drained
Bean Sprouts, fresh	1 lb.	3 to 4 cups raw, 2 cups cooked
Beans, dried	1 lb.	2 to 2 1/2 cups uncooked, 5 1/2 to 6 cups cooked
Beans, fresh green	1 lb.	14 oz. trimmed, 3 cups trimmed, 2 1/2 cups cut & cooked
Beans, kidney, canned	16 oz. can	2 cups
Beans, kidney, dried	1 lb. uncooked	2 to 2 1/2 cups uncooked, 5 to 6 cups cooked
Beans, lima, canned	15 oz. can	2 cups
Beans, lima, dried	1 lb. uncooked	2 cups uncooked, 5 cups cooked
Beans, lima, fresh	1 lb. shelled	3 cups
Beans, lima, frozen	10 oz. pkg.	1 3/4 cups cooked
Beef, cooked, diced	1 lb.	3 cups
Beef, dried, sliced	5 oz. jar	24 slices, 2 cups shredded
Beef, ground	1 lb.	2 cups raw, 12 ounces cooked
Beef, roast	1 lb.	meat for 4 to 5 sandwiches
Beef, tenderloin	5 lbs.	12 to 16 servings
Beer	1 pony keg	7 3/4 gal., 82 12-oz. cans
Beer	1 keg	15 1/2 gal., 165 12-oz. cans, 200 12-oz. cups with a 1/2" foam head
Beet Greens	1 lb.	1 1/2 cups cooked, 8 oz. leaves
Beets, canned	8 oz. can	1 cup sliced
Beets, fresh, no tops	1 lb.	2 cups cooked sliced or diced, 10 medium (2") whole
Berries	1 pint	2 to 3 cups
Bisquick	60-oz. box	14 cups
Blackberries	1 lb.	3 1/2 cups fresh or frozen
Blackberries	1 pint	2 to 3 cups fresh or frozen
Blackberries, canned	15 oz. can	1 3/4 cups
Blackberries, frozen	10 oz. pkg.	2 cups
Black-eyed Peas, dried	1 lb.	2 to 2 1/2 cups dried, 5 to 6 cups cooked

Black-eyed Peas, dried	1 cup	7 oz. dry, 2 1/2 cups cooked
Black-eyed Peas, frozen	10 oz.	1 1/2 cups
Black-eyed Peas, in pod	1 lb.	1 1/2 to 1 3/4 cups shelled
Blueberries	1 lb.	2 1/2 to 2 3/4 cups fresh or frozen
Blueberries	1 pint	2 cups
Blueberries, frozen	10 oz. pkg.	1 1/2 cups
Blueberry Pie Filling	21 oz. can	2 1/3 cups
Bok Choy, raw	1 lb.	4 to 5 1/2 cups shredded, 3/4 cup cooked
Bouillon, cubes	1 cube	1 cup prepared
Bouillon, granules	1 tsp.	1 cup prepared
Bouillon, liquid	2 tsp.	3/4 cup prepared
Bouillon, soup base	1 tbsp. paste	1 quart prepared
Boysenberries, canned	17 oz. can	2 cups
Boysenberries, fresh	1 pint	1 3/4 cups, 12 oz.
Bran Flakes	16 oz. pkg.	8 1/2 cups
Bread	1 lb. loaf	16-18 slices, 30 thin slices, 12 cups croutons
Bread	1 slice, dry	1/3 cup fine crumbs
Bread	1 slice, soft	1/2 cup coarse crumbs, 1/2 to 3/4 cup cubes
Bread Crumbs	8 oz. pkg.	2 cups
Bread, French	1 lb. loaf	16 slices 3/4" thick
Bread, toasted	1 slice	1/4 cup crumbs, 1/2 cup cubes
Broccoli, fresh	1 lb.	2 cups florets
Broccoli, fresh	1 bunch	3 cups cooked, chopped
Broccoli, frozen	10 oz.	1 1/2 cups chopped
Broth, beef or chicken	10 1/2 oz. can	1 1/4 cups
Broth, beef or chicken	14 1/2 oz. can	1 3/4 cups
Brussels Sprouts, fresh	1 lb.	4 cups cooked
Brussels Sprouts, fresh	1 qt.	1 1/4 lbs., 5 cups
Brussels Sprouts, frozen	10 oz.	1 1/2 to 2 cups, cooked, 18 to 24 sprouts
Bulgur Wheat	1 lb.	2 3/4 cups uncooked, 8 cups cooked
Butter or Margarine	1 stick	4 oz., 1/2 cup, 8 tbsp.,
Butter or Margarine	1 lb.	4 sticks, 2 cups
Butter	8 oz.	1 cup
Butter	4 oz.	1 stick, 1/2 cup, 8 tbsp., 1/3 cup clarified
Butter, soft	8 oz. tub	1 cup
Butter, whipped	1 lb.	3 cups
Buttermilk Powder	12 oz. can	3 3/4 cups powder, 3 3/4 quarts prepared
Butterscotch Chips	12 oz. pkg.	2 cups

### C - Ingredients

Ingredient	Amount	Equivalents
Cabbage, head	1 medium	1 1/4 to 1 1/2 lbs.

Cabbage, shredded	1 lb. raw	3 1/2 to 4 1/2 cups, 1 1/2 to 2 cups cooked
Candied Fruit	8 oz. pkg.	1 1/2 cups chopped
Cantaloupe	1 medium	3 lbs., 4 to 4 1/2 cups cubed, 25 balls-7/8"
Cardamom	1 pod	1 tsp. ground, 18 to 20 seeds
Carrots, canned	16 oz.	2 cups sliced
Carrots, cooked	1 lb.	2 1/2 cups sliced, 1 1/3 cups puréed
Carrots, fresh	1 lb.	5-7 med. whole, 12-14 small, 24-34 baby, 2 1/2 cups shredded, 3 cups chopped
Carrots, frozen	10 oz. pkg.	1 1/2 to 2 cups
Cashews, canned	6 1/4 oz.	1 1/3 cups
Cashews, shelled	1 oz.	18 medium, 14 large
Cashews, shelled	1 lb.	3 1/4 cups
Cauliflower, fresh	1 lb.	1 1/2 cups cut up, 9 oz. after trimming, 7 1/2 oz. cooked
Cauliflower, fresh	1 medium	1 3/4 to 2 1/4 lbs., 3 cups chopped
Cauliflower, frozen	10 oz. pkg.	2 cups chopped
Caviar	1 oz.	1 1/2 tbsp.
Celeriac	1 lb.	3 cups grated, 1 cup cooked and pureed
Celery	1 bunch	1 lb. untrimmed, 2 cups, sliced or diced
Celery	2-3 ribs	1 cup chopped or sliced
Celery Flakes	1 oz.	3/4 cups
Celery Seeds	1 oz.	4 tbsp.
Cereal, All Bran	13.8 oz. pkg.	6 1/2 cups
Cereal, Corn Chex	12 oz. pkg.	11 cups
Cereal, cornflakes	16 oz. pkg.	16 cups
Cereal, Rice Chex	12 oz. pkg.	11 cups
Cereal, Wheat Chex	16 oz. pkg.	7 cups
Champagne	750 ml bottle	5 servings (5 oz. each)
Champagne	magnum	50.7 oz.
Champagne	double magnum	101.5 oz.
Chayote Squash	1 medium	1 lb.
Cheese	3 to 5 lbs.	25 servings
Cheese, American	1 lb.	4 to 5 cups shredded
Cheese, Blue	4 oz.	1 cup crumbled
Cheese, Cheddar/Swiss	4 oz.	1 cup grated
Cheese, Cottage	1 lb.	2 cups
Cheese, Cream	3 oz. pkg.	6 tbsp.
Cheese, Cream	8 oz. pkg.	1/2 lb., 1 cup
Cheese, firm	1 lb.	4 to 5 cups, shredded
Cheese, firm	4 oz.	1 cup, shredded
Cheese, hard	8 oz.	1 1/2 cups, grated (Parmesan or Romano)
Cheesecake	2 lbs.	8 " cake

Cheesecake	3 lbs.	10" cake
Cheese Whiz	16 oz. jar	1 3/4 cups
Cherries, canned, tart	1 lb. pitted	1 1/2 cup, drained
Cherries, dried, tart	3 oz.	1/2 cup
Cherries, fresh, sweet	1 lb.	2 1/2 cups, pitted
Cherries, frozen, tart	1 lb. pitted	2 cups
Cherries, maraschino	10 oz. jar	25 cherries with stems, 33 cherries without stems
Cherry Pie Filling	21 oz. can	2 1/3 cups
Chestnuts, canned	10 oz. can	25 whole nuts
Chestnuts, shelled	1 lb.	35 to 40 large whole, 2 1/2 cups whole, 2 cups puréed
Chicken, bone-in	3 lbs.	2 1/2 to 3 cups cooked, diced
Chicken, boneless	1 lb.	3 cups cooked, diced
Chicken Breast	1 half	1/2 cup cooked, diced
Chicken, canned	5 oz.	1/2 cup drained
Chicken, whole	2-3 lbs.	2 - 3 cups cooked, diced
Chicken, whole	5 lbs.	5 cups cooked, chopped
Chickpeas, dried	1 cup	2 1/2 cups cooked
Chilies, green, chopped	4 1/2 oz. can	1/2 cup
Chilies, green, whole	4 oz. can	3 whole chilies
Chili powder	1 oz.	3 1/2 tbsp.
Chili sauce	12 oz. btl.	1 1/4 to 1 1/2 cups
Chives, freeze-dried	1 oz.	3 cups
Chives, fresh	1 tbsp.	1 tsp. freeze-dried
Chives, fresh	1 bunch	1/2 cups chopped
Chocolate	1 oz.	1 square (unsweetened), 4 tbsp. grated, 1 envelope liquid
Chocolate Chips	6 oz.	1 cup (semi-sweet & milk chocolate)
Chocolate Drink Powder	14 1/2 oz. tin	3 1/4 cups powder, 6 1/2 quarts prepared
Chocolate Syrup	24 oz. btl.	2 1/8 cups
Chocolate Wafers	20	1 cup fine crumbs
Chow Mein Noodles	5 oz. can	2 1/2 cups
Chutney	8 oz. jar	1 cup
Cilantro, dried	1 oz.	1 cup
Cinnamon, ground	1 oz.	4 tbsp.
Cinnamon, stick	1" length	1 tsp. ground
Cinnamon, stick	1 oz.	8 to 10 sticks (5" in length)
Cinnamon Candy Dots	1 lb. pkg.	2 1/4 cups
Citron, chopped	6 1/2 oz. jar	1 cup
Clams, canned	6 1/2 oz.	3/4 cup

	can	
Clams, in shell	8 quarts	1 quart (4 cups) shucked, 3 dozen,
Clams, shucked	1 quart	2 to 3 cups, chopped
Cloves, ground	1 oz.	4 tbsp.
Cloves, whole	1 tsp.	3/4 tsp. ground
Cloves, whole	3 oz.	1 cup
Club crackers	16 oz. box	32 crackers (4 sections each)
Cocktail Sauce	9 oz. jar	1 1/8 cups
Cocoa, baking	8 oz. tin	2 2/3 cups
Cocoa Hot Drink Mix	10 oz. tin	2 cups
Coconut, dried	1 tbsp.	1 1/2 tbsp. fresh
Coconut, flaked, canned	3 1/2 oz.	1 1/4 cups
Coconut, flaked, pkg.	7 oz.	2 1/2 cups
Coconut, fresh	1 lb.	3 cups grated, 1 medium whole
Coconut Milk	15 oz. can	1 7/8 cups
Coffee, ground	1 lb.	80 tbsp., 40 to 60 cups brewed
Coffee, instant	4 oz. jar	2 1/2 cups, 120 cups prepared
Cole Slaw	1 quart	7 to 8 servings
Collard Greens, fresh	1 lb.	6 to 7 cups raw, 1 1/2 cups cooked
Collard Greens, frozen	10 oz. pkg.	1 1/2 cups cooked
Congeaed Salad	1 quart	8 to 9 servings
Consommé	10 1/2 oz. can	1 1/3 cups
Coriander Seeds	1/2 cup	1 1/4 oz.
Corn, kernels, canned	15 1/2 oz.	1 3/4 cups, drained
Corn, creamed, canned	16 oz.	2 cups
Corn, fresh	2 to 3 ears	1 cup kernels
Corn, frozen	10 oz.	1 1/4 cups kernels
Corn, frozen	16 oz.	1 2/3 cups kernels
Cornbread	8" square or 9" round	4 cups crumbled for stuffing
Corned Beef hash	15 oz. can	2 cups
Cornflakes	3 - 4 cups	1 cup crumbs
Cornflakes	4 oz.	1 cup crumbs
Cornflakes	16 oz.	16 cups
Corn Husks, for tamales	1 lb.	40 leaves
Cornish Game Hen	1 medium	1 1/4 lbs.
Cornmeal	1 lb.	3 cups uncooked, 16 cups cooked
Cornstarch	1 tbsp.	thickens comparable to 2 tbsp. of flour
Cornstarch	1 oz.	3 tbsp.
Corn Syrup	16 oz.	2 cups
Cottage Cheese	1 lb.	2 cups
Couscous, uncooked	1 cup	7 oz. uncooked, 2 1/2 to 3 cups cooked
Crab, in shell	1 lb. whole	6 to 7 oz. meat, 2/3 cup flaked
Crabmeat, canned	6 1/2 oz.	1 cup flaked

Cracker Meal	14-oz. box	2 3/4 cups
Cracker, Graham	12 to 14 squares	1 cup crumbs
Cracker, Graham	16 oz. box	33 crackers (2 1/2" x 5" each)
Crackers, Ritz	24 crackers	1 cup fine crumbs
Crackers, Ritz	1 roll	35 crackers, 1 1/2 cups fine crumbs
Crackers, Ritz	1 lb. pkg.	140 crackers, 6 cups fine crumbs
Crackers, saltines	30 crackers	1 cup fine crumbs
Crackers, saltines	1 lb. pkg.	130 to 140 crackers, 4 1/2 cups fine crumbs
Crackers, Triscuits	13 oz. pkg.	84 crackers
Crackers, Wheat Thins	16 oz. pkg.	256 crackers
Cranberries, dried	6 oz. pkg.	1 1/3 cups
Cranberries, fresh	1 lb.	4 cups, 3 cups cooked sauce
Cranberry relish	16 oz. jar	1 3/4 cups
Cranberry sauce, jellied	16 oz. can	2 cups
Crayfish, in shell	1 lb.	10 crayfish, 3/4 cup meat
Cream, whipped	7 oz. can - pressurized	1 7/8 cups
Cream, whipping	1/2 pint	1 cup unwhipped, 2 cups whipped
Cream Cheese	3 oz. pkg.	6 tbsp., 3/8 cup
Cream Cheese	8 oz. pkg.	1 cup
Cream Cheese Spread	8 oz. carton	7/8 cup
Creamer, non-dairy	11 oz. jar	3 1/8 cups, 120 servings (1 tsp. each)
Cream of Rice	14 oz. box	2 1/4 cups uncooked
Cream of Tartar	1 oz.	3 tbsp.
Cream of Wheat, quick	1 lb.	2 1/2 cups uncooked, 16 cups cooked
Cucumber	1 medium	1 1/2 cups chopped
Cucumber	1 lb.	2 medium whole, 2 1/2 to 3 cups peeled, sliced or chopped
Cumin Seeds, ground	1 oz.	4 1/2 tbsp.
Cumin Seeds, whole	1 tsp.	1/2 tsp. ground
Currants, dried	16 oz. pkg.	3 cups
Currants, fresh	1 quart	3 3/4 cups
Curry Paste	5 oz.	1/2 cup
Curry Powder	1 oz.	4 tbsp.

### D - Ingredients

Ingredient	Amount	Equivalents
Dandelion Greens	1 lb.	2 3/4 cups cooked
Dates, diced, sugared	1 lb.	2 2/3 cups
Dates, pitted	8 oz. pkg.	54 dates, 1 1/4 to 1 1/2 cups chopped
Dates, unpitted	1 lb.	60 dates, 2 1/2 cups pitted
Dill, fresh or dried	3 heads	1 tbsp. dill seed

Dill Weed, dried	1 oz.	3/4 cup
Dill Weed, fresh	1/2 oz.	1/2 cup
Dips, refrigerated	16 oz. carton	1 3/4 cups

### E - Ingredients

Ingredient	Amount	Equivalents
Eggplant	1 lb.	3 to 3 1/2 cups diced - uncooked, 2 1/2 cups diced - cooked
Eggs, hard boiled	1 large	6 slices
Eggs, hard boiled	4 large	1 cup, chopped
Eggs, whole, uncooked	1 large	3 tbsp.
Eggs, uncooked	1 cup	5 large eggs, 6 medium eggs
Egg White	1 large	2 tbsp.
Egg White	1 cup	8 large egg whites
Egg Yolk	1 large	1 1/2 tbsp.
Egg Yolk	1 cup	12 large egg yolks
Egg Substitute	16 oz.	2 cups, 8 eggs
Endive, Belgian	med. head	10 to 16 leaves
Endive, Curly	med. head	3 to 4 cups torn
Equal	1 envelope	comparable to 2 tsp. of sugar
Equal, bulk	1/4 tsp.	comparable to 2 tsp. of sugar
Escarole	med. head	7 cups torn, 4 salad servings

### F - Ingredients

Ingredient	Amount	Equivalents
Fava Beans, canned	20 oz. can	2 cups
Fava Beans, dried	1 lb.	2 cups dried, 4 1/2 cups cooked
Fava Beans, fresh	1 lb. in pod	1 to 1 1/2 cups shelled
Fennel, bulb	1 lb.	3 cups sliced
Fennel, seeds, dried	1 oz.	4 tbsp.
Figs, canned	16 oz. can	12 to 16 medium
Figs, dried	1 lb.	40 medium whole, 2 1/2 to 3 cups chopped, 4 cups cooked
Figs, fresh	1 lb.	12 small, 9 medium whole, 2 1/2 cups chopped
Filberts, in shell	1 lb.	1/2 lb. nuts, 1 1/2 cups nuts
Filberts, shelled	1 lb.	3 1/2 cups
Fish, boneless	1 fillet	4 to 6 oz.
Fish, boneless	1 steak	5 to 8 oz.
Flour, all-purpose	1 lb.	4 cups sifted, 3 1/3 cups unsifted
Flour, all-purpose	5 lbs.	20 cups sifted
Flour, cake	1 lb.	4 1/8 cups unsifted, 4 5/8 cups sifted
Flour, cake	1 cup, sifted	1 cup less 2 tbsp. sifted all-purpose flour (7/8 cup)
Flour, pastry	1 lb.	4 cups unsifted, 4 1/2 cups sifted
Flour, rice	1 lb.	3 cups unsifted, 3 1/2 cups sifted
Flour, rye	1 lb.	4 1/2 to 5 cups unsifted

Flour, soy, full fat	1 lb.	7 1/2 cups sifted
Flour, soy, low-fat	1 lb.	5 1/2 cups sifted
Flour, whole wheat	1 lb.	3 3/4 cups unsifted, 4 cups sifted
Frankfurters	16 oz. pkg.	8 to 10 frankfurters
Frosting, canned	16 oz.	1 3/4 cups
Fruit, candied	1 lb.	3 cups chopped
Fruit, canned	16 oz.	1 1/2 cups drained, 2 cups fruit and juice
Fruit, dried	1 lb.	3 cups
Fruit, frozen	10 oz.	1 1/2 cups drained
Fruit Pectin, liquid	3 oz.	thickens 3 - 4 cups of fruit, thickens 2 - 4 cups of juice
Fruit Pectin, powdered	1 3/4 oz.	thickens 4 - 8 cups of fruit, thickens 3 - 6 cups of juice
Fruit Peel, candied	1 lb.	2 1/2 to 3 cups chopped
Fruit, pureed	1 lb.	2 cups
Fruit Salad	1 quart	7 to 8 servings

### G - Ingredients

Ingredient	Amount	Equivalents
Garlic, bulb	1 head	8 to 15 cloves
Garlic, clove	1 small	1/2 tsp. minced, 1/8 tsp. garlic powder
Garlic, clove	1 medium	1 tsp. minced, 1/4 tsp. garlic powder
Garlic, clove	1 large	1 1/2 tsp. minced, 3/8 tsp. garlic powder
Garlic, elephant	1 clove	2 medium cloves
Garlic, flakes	1/2 tsp.	1 clove, 1 tsp. chopped, 1/2 tsp. minced
Garlic, minced	1 tsp.	1 to 2 medium cloves
Garlic, processed	4 1/2 oz. jar	1/2 cup chopped or minced
Garlic Salt	1 tsp.	1/8 tsp. garlic powder plus 7/8 tsp. salt
Garlic Salt	1 oz.	2 tbsp.
Gelatin, unflavored	1 envelope	1 tbsp.
Ginger, crystallized	1 tbsp.	1 tsp. ground
Ginger, fresh, chopped	1 tbsp.	1 tsp. ground
Ginger, fresh	1" piece	1 tbsp. grated or chopped
Ginger, ground	1/2 tsp.	1 tsp. fresh chopped
Ginger, ground	1 oz.	4 tbsp.
Gingersnaps	15 cookies	1 cup fine crumbs
Goose	1 medium	10 to 12 lbs.
Gooseberries, canned	16 oz. can	2 cups
Gooseberries, fresh	1 lb.	3 cups
Grapefruit, canned	16 oz.	2 cups sections
Grapefruit, fresh	1 lb.	1 medium whole, 10 to 12 sections, 2/3 to 3/4 cup juice, 1 1/3 cups pulp
Grapefruit, frozen	14 oz. pkg	1 1/2 cups sections
Grape Leaves	10 oz. jar	40 leaves
Grapes	1 lb.	2 cups seeded, 2 1/2 cups seedless

Gravy, canned	12 oz.	1 1/3 cups
Gravy Mix (brown)	3 tbsp.	makes 1 cup
Great Northern Beans	1 lb. dried	2 cups dried, 6 to 7 cups cooked
Green Beans, canned	16 oz.	2 cups
Green Beans, fresh	1 lb.	14 oz. trimmed, 3 cups trimmed, 2 1/2 cups cut & cooked
Green Beans, frozen	10 oz.	1 1/2 cups
Green Peas, canned	16 oz.	2 cups
Green Peas, in pod	1 lb.	1 cup shelled
Green Peas, frozen	10 oz.	1 1/2 to 2 cups
Green Peas, split, dried	1 lb.	2 1/2 cups uncooked, 5 cups cooked
Greens, fresh	1 lb.	3 cups cooked
Greens, frozen	10 oz.	1 1/2 to 2 cups
Grenadine Syrup	12 oz. btl.	1 1/2 cups
Grits, quick cooking	1 cup	3 1/3 cups cooked
Grits, quick cooking	1 lb.	3 cups uncooked, 5 cups cooked

### H - Ingredients

Ingredient	Amount	Equivalents
Ham, boneless canned	1 lb.	12 oz. lean meat
Ham, cooked	1 lb.	3 cups diced, 2 cups ground
Ham, deviled, canned	4 1/2 oz.	1/2 cup
Ham, slice	1" thick	1 1/4 to 1 1/2 lbs.
Hazelnuts, in shell	1 lb.	1/2 lb. nuts, 1 1/2 cups nuts
Hazelnuts, shelled	1 lb.	3 1/2 cups
Hearts of Palm, canned	14 oz.	5 to 6 stalks
Herbs, fresh, chopped	1 tbsp.	1 tsp. dried & crushed
Hominy, canned	15 oz.	1 3/4 cups
Hominy, uncooked	1 lb.	2 1/2 cups uncooked
Hominy, uncooked	1 cup	4 1/2 cups cooked
Honey	16 oz.	1 1/3 cups
Honeydew Melon	1 (4 lbs.)	4 cups diced, 35 balls
Horseradish, fresh	1 tbsp.	2 tbsp. bottled
Horseradish, fresh	1 1/2 lbs.	2 3/4 cups peeled, grated
Horseradish, prepared	1 oz.	2 tbsp.
Horseradish, prepared	6 1/2 oz. jar	3/4 cup
Horseradish Sauce	8 oz. jar	1 cup
Hot Dogs	16 oz. pkg.	8 to 10 hot dogs
Hot Pepper Sauce	4 1/2 oz. btl.	1/2 cup

### I-Ingredients

Ingredient	Amount	Equivalents
Ice	3 to 4 standard	1 cup crushed

	size cubes	
Ice	10 lbs.	chills 1 case of wine
Ice Cream	1 quart	4 cups, 6 to 7 servings

### J - Ingredients

Ingredient	Amount	Equivalents
Jam or Jelly	18 oz.	1 2/3 cups
Jerusalem Artichokes	1 lb.	12 medium, 2 1/2 cups peeled & sliced
Jicama, fresh	1 lb.	4 cups shredded
Juniper Berries	8 berries	1 tsp. crushed

### K - Ingredients

Ingredient	Amount	Equivalents
Kale, fresh	1 lb.	6 cups raw leaves, 1 1/4 cups cooked leaves
Ketchup	16 oz. btl.	1 2/3 cups
Kidney Beans, canned	16 oz. can	2 cups
Kidney Beans, dried	1 lb.	2 to 2 1/2 cups uncooked, 5 to 6 cups cooked
Kiwi Fruit	1 medium	5 to 6 slices, 1/2 cups slices
Kohlrabi	2 lbs.	4 medium bulbs, 3 1/2 cups cubes cooked

### L - Ingredients

Ingredient	Amount	Equivalents
Lamb	1 lb.	2 chops 3/4" thick
Lamb	1 leg	5 to 7 lbs. w/bone, 3 lbs. boneless
Lard	1 lb.	2 1/2 cups
Lasagna, uncooked	16 oz.	16 to 24 noodles
Leeks	1 lb.	1 bunch, 2 large or 3 medium whole
Leeks, white part	1 lb.	2 cups chopped raw, 1 cup chopped cooked
Lemon Grass	2 stalks	1 tbsp. finely chopped
Lemons	1 medium	2 to 3 tbsp. juice, 2 tsp. grated peel, 7 to 10 slices
Lemons	1 lb.	4 to 5 medium whole, 2/3 to 1 cup juice
Lemon peel, dried	1 tsp.	1 to 2 tsp. grated fresh peel, grated peel of 1 medium lemon, 1/2 tsp. lemon extract.
Lentils, dried	1 lb.	2 1/4 cups dried, 5 cups cooked
Lettuce, Bibb, head	1 medium	4 cups torn
Lettuce, Boston, head	1 medium	4 cups torn
Lettuce, Iceberg, head	1 medium	6 to 8 cups torn, 4 cups shredded, 5 large leaves.
Lettuce, Leaf, bunch	1 medium	4 to 6 cups torn, 25 to 30 leaves
Lettuce, Romaine, head	1 medium	6 cups torn
Lettuce, Salad Mix	4 oz.	4 to 6 cups torn
Lima Beans, canned	15 oz. can	2 cups
Lima Beans, dried	1 lb.	2 cups uncooked, 5 cups cooked
Lima Beans, in pod	1 lb.	6 oz. shelled, 3/4 to 1 cup shelled
Lima Beans, fresh	1 lb. shelled	3 cups

Lima Beans, frozen	10 oz.	1 3/4 cups cooked
Limes	1 medium	1 1/2 to 2 tbsp. juice, 1 to 2 tsp. grated peel
Limes	1 lb.	6 to 8 medium whole, 1/2 to 3/4 cup juice
Lobster, in the shell	1 medium	2 1/2 lbs., 2 cups cooked meat

### M - Ingredients

Ingredient	Amount	Equivalents
Macadamia Nuts	5 oz. can	1 cup whole
Macadamia Nuts	7 oz. jar	1 1/2 cups
Macadamia Nuts	1 lb. shelled	3 1/3 cups
Macaroni, uncooked	1 cup	2 cups cooked
Macaroni, uncooked	1 lb.	4 cups uncooked, 8 cups cooked
Macaroons, 2 1/2"	9 to 10	1 cup fine crumbs
Mace, ground	1 oz.	4 1/2 tbsp.
Mackerel, canned	16 oz. can	2 cups
Malted Milk Powder	13 oz. jar	2 3/4 cups
Mangoes	1 medium	12 oz., 1 cup chopped, 3/4 cup pulp
Manicotti	1 lb.	10 to 12 pieces
Maple Syrup	12 oz. btl.	1 1/2 cups
Margarine	1/4 lb.	1 stick, 1/2 cup, 8 tbsp.
Margarine	1 lb.	4 sticks, 2 cups
Margarine, soft spread	8 oz. tub	16 tbsp.
Margarine, whipped	1 lb.	3 cups
Marjoram, dried leaves	1 oz.	3/4 cup
Marjoram, fresh leaves	1/2 oz.	1/2 cup
Marshmallow Creme	7 oz. jar	2 1/8 cups
Marshmallows, miniature	1 cup	80 miniature, 8 regular
Marshmallows, miniature	10 1/2 oz.	5 1/2 cups
Marshmallows, regular	1	10 miniature
Marshmallows, regular	1 cup	8 regular
Marshmallows, regular	10 1/2 oz.	45 regular
Marshmallows, regular	16 oz.	65 regular
Marzipan	7 oz.	7/8 cup
Mayonnaise	32 oz. jar	4 cups
Meat, boneless	1 lb.	2 cups ground or minced
Meatballs	3/4 - 1 oz.	cocktail size meatball
Meatballs	1 1/2 - 2 oz.	dinner size meatball
Milk	1 qt.	4 cups
Milk, evaporated	5 oz. can	2/3 cup
Milk, evaporated	12 oz. can	1 1/2 cups
Milk, instant dry	1/3 cup	1 cup prepared
Milk, instant dry	9.6 oz. pkg.	4 cups dry, 3 cups prepared
Milk, sweetened condensed	14 oz. can	1 1/4 cups
Millet	1 cup	3 1/2 cups cooked

Mincemeat	27 oz. jar	2 2/3 cups
Mint, fresh leaves	1 cup	1/4 cup dried leaves
Molasses	16 oz. jar	2 cups
Mushrooms, canned	4 oz. can	2/3 cup whole or sliced
Mushrooms, canned	2/3- 3/4 cup	6 - 8 oz. fresh
Mushrooms, dried	2 1/2 - 3 oz.	equal to 1 lb. fresh when reconstituted
Mushrooms, fresh	1 lb.	3 cups sliced, 2 cups sliced & sautéed, 30 to 40 small, 18 to 20 medium, 12 to 14 large, 3 oz. dried
Mussels, unshucked	1 qt.	1 1/2 lbs. 25 mussels, 1 cup meat
Mustard, dry	1 tsp.	1 tbsp prepared mustard
Mustard, dry	1 oz.	5 tbsp.
Mustard, prepared	1 oz.	2 tbsp.
Mustard, prepared	8 oz.	1 cup
Mustard, seeds	1 oz.	2 1/2 tbsp.
Mustard Greens, canned	15 oz. can	1 1/4 to 1 1/2 cups
Mustard Greens, fresh	1 lb.	6 to 7 cups leaves, 1 1/2 cups cooked
Mustard Greens, frozen	10 oz.	1 1/4 cups cooked

### N - Ingredients

Ingredient	Amount	Equivalents
Navy Beans, dried	1 lb.	2 1/2 cups dried, 5 1/2 cups cooked
Nectarines	1 lb.	3 to 4 medium whole, 2 1/2 cups sliced, 1 3/4 cups diced, 1 1/2 cups puréed
Noodles, uncooked	4 oz.	1 cup uncooked, 2 cups cooked
Noodles, uncooked	1 lb.	4 cups uncooked, 8 cups cooked
Nutmeg, ground	1 oz.	3 1/2 tbsp.
Nutmeg, whole	1	2 tsp. grated
Nutra Sweet	2 oz. jar	sweetens comparable to 2 1/3 cups sugar

### O - Ingredients

Ingredient	Amount	Equivalents
Oatmeal, quick-cooking	1/2 cup uncooked	7/8 cup cooked
Oatmeal, quick-cooking	18 oz. pkg.	6 cups uncooked, 10 1/2 cups cooked
Oatmeal, old fashioned	1 cup uncooked	1 3/4 cups cooked
Oats, rolled	1 cup	1 3/4 cups cooked
Oats, rolled	1 lb.	5 cups uncooked
Oats, steel-cut	1 cup uncooked	3 cups cooked
Oil, vegetable	16 oz.	2 cups
Okra, canned	16 oz. can	1 3/4 cups chopped or sliced
Okra, fresh	1 lb.	35 pods, 1 1/2 to 2 cups sliced
Okra, frozen	10 oz.	1 1/4 cups chopped or sliced

Olives, ripe, chopped	4 1/2 oz.	2/3 cup
Olives, ripe, pitted	15 large or 36 small	1 cup chopped
Olives, ripe, sliced	2 1/4 oz.	1/2 cup
Olives, ripe, whole	5 3/4 to 6 oz. can	55 medium, 25 colossal, 18 super colossal
Olives, Spanish, stuffed	7 oz. jar	approximately 65
Olives, Spanish, whole	5 oz. jar	approximately 20
Onion Powder	1 tbsp.	1 medium onion chopped, 4 tbsp. fresh chopped onion
Onion Powder	1 oz.	3 tbsp.
Onion Salt	1 oz.	2 1/2 tbsp.
Onion Soup Mixture	1 envelope	1/3 cup dry mix, 4 cups reconstituted
Onions, dehydrated	1/4 cup	1 cup raw chopped onion
Onions, dehydrated	4 oz.	1 1/2 cups dry
Onions, flakes	1 tbsp.	1 small onion
Onions, French fried	2.8 oz. can	1 3/8 cups
Onions, French fried	6 oz. can	3 cups
Onions, green w/tops	1 bunch	5 to 8 onions, 1 cup sliced, 1/3 cup - white part only
Onions, white or yellow	1 small	3 oz., 1/3 to 1/2 cup chopped
Onions, white or yellow	1 medium	4 to 5 oz., 1/2 to 2/3 cup chopped
Onions, white or yellow	1 large	6 oz., 1 cup chopped
Onions, white or yellow	1 lb.	2 large, 3 medium, 2 to 2 1/2 cups chopped, 3 to 4 cups sliced
Orange juice, frozen	6 oz. can	6 cups reconstituted
Orange peel, dried	1 tbsp.	2 to 3 tbsp grated orange peel, grated peel from 1 medium orange
Orange peel, dried	2 tsp.	1 tsp. orange extract
Oranges	1 medium	1/3 to 1/2 cup juice, 10 to 12 sections, 1/3 to 1/2 cup cut up sections, 1 1/2 to 2 tbsp. grated peel
Oranges	1 lb.	3 medium, 1 cup juice, 1 to 1 1/2 cups sections, 1 to 1 1/2 cups cut up sections, 4 to 5 tbsp. grated peel,
Oranges, mandarin	11 oz. can	1 1/4 cups
Oranges, mandarin	15 oz. can	1 3/4 cups
Oregano, dried leaves	1 oz.	3/4 cup
Oregano, fresh	1/2 oz.	1/2 cup chopped
Oreo Cookies	12 cookies	1 cup fine crumbs
Oreo Cookies	1 lb.-4 oz. pkg.	51 cookies
Orzo	2 oz.	1/3 cup uncooked, 1 cup cooked
Oxtail	1 tail	1 1/2 to 2 lbs.
Oysters, shucked	1 cup	13 to 19 medium

Oysters, shucked	1 qt.	approximately 50
Oysters, shucked	1 lb.	1 pint
Oysters, smoked	8 oz. can	2/3 cup drained
P - Ingredients		
Ingredient	Amount	Equivalent
Pancake Batter	1 cup	5 medium pancakes (5" dia.)
Pancakes	1 medium	3 tbsp. batter
Pancake Syrup	2 to 2 1/2 oz.	1 serving
Pancake Syrup	24 oz. btl.	10 to 12 servings
Papaya	1 lb.	1 medium, 2 cups sliced or cubed
Paprika	1 oz.	4 tbsp.
Parsley, dried	1 tsp.	1 tbsp. fresh parsley, chopped, 2 sprigs fresh
Parsley, dried	1 oz.	1 1/3 cups
Parsley, fresh	2 oz. bunch	1 1/2 cups chopped
Parsnips	1 lb.	4 medium whole, 2 cups diced & cooked
Passion Fruit	1 medium	3 oz., 1 to 1 1/3 tbsp. pulp
Passion Fruit	5 to 6 medium	1/2 cup pulp
Pasta, medium shapes	4 oz.	1 cup dry, 2 cups cooked
Pasta, long strands	4 oz.	3/4 inch diameter bunch - dry, 2 cups cooked
Peaches, canned	16 oz. can	2 to 2 1/2 cups slices-drained, 6 to 10 halves
Peaches, dried	1 lb.	3 cups dried, 5 1/4 cups cooked
Peaches, fresh	1 lb.	4 medium whole, 2 cups peeled & sliced, 1 1/2 cups puréed pulp
Peaches, frozen	10 oz.	1 cup slices drained, 1 1/4 cups slices w/juice
Peach Pie Filling	21 oz. can	2 1/3 cups
Peanut Butter	18 oz. jar	2 cups
Peanuts, in shell	1 lb.	2/3 lb. shelled, 2 1/3 cups shelled
Peanuts, shelled	1 lb.	3 1/2 cups
Peanuts, Spanish	7 oz.	1 1/4 cups nuts
Pears, canned	16 oz. can	2 to 2 1/2 cups slices-drained, 6 to 10 halves
Pears, dried	1 lb.	2 3/4 cups dried, 5 1/2 cups cooked
Pears, fresh	1 lb.	4 medium whole, 2 cups sliced or cooked
Peas, canned	16 oz.	2 cups
Peas, in pod	1 lb.	1 cup shelled
Peas, frozen	10 oz.	1 1/2 to 2 cups
Peas, shelled	8 oz.	1 cup
Peas, split, dried	1 lb.	2 1/2 cups uncooked, 5 cups cooked
Pecans, halves	1 lb.	4 cups

Pecans, in shell	1 lb.	2 1/2 cups shelled nuts, 1/2 lb. shelled nuts
Pecans, pieces	2 oz. pkg.	1/2 cup
Pecans, pieces	6 oz. pkg.	1 1/2 cups
Peppermint, dried	1 tbsp.	1 1/4 cup chopped fresh mint
Peppermint, sliced	3 1/2 oz.	50 to 54 slices
Pepper, ground	1 oz.	4 tbsp.
Peppercorns	1 oz.	3 tbsp.
Pepperoni, sliced	3 1/2 oz. pkg.	50 to 54 slices
Peppers, sweet fresh	1 small	1/4 cup chopped
Peppers, sweet fresh	1 medium	1/2 cup chopped
Peppers, sweet fresh	1 large	1 cup chopped
Peppers, sweet fresh	1 lb.	3 large or 5 medium, 3 to 4 cups chopped
Peppers, sweet frozen	10 oz. pkg.	2 1/4 cups diced or strips
Persimmon	1 medium	4 oz. edible meat of the fruit
Persimmon	9 oz. whole	3/4 cup pulp
Pesto Sauce	7 oz. ctn.	7/8 cup
Pheasant	1 average	3 lbs.
Phyllo Pastry	1 lb. thin	26 sheets - 12" x 17"
Phyllo Pastry	1 lb. med.	20 sheets - 12" x 17"
Phyllo Pastry	1 lb. thick	18 sheets - 12" x 17"
Pickles	1 oz. whole	2 1/2 tbsp. chopped
Pickles	1 lb.	3 cups chopped
Pie Crust Mix	11 oz. box	2 2/3 cups, 2 single crusts
Pie Filling	20 to 21 oz. can	1 pie - 9"
Pimientos, diced	2 oz. jar	1/4 cup
Pimientos, diced	4 oz. jar	1/2 cup
Pineapple, chunks/crush	8 oz. can	3/4 cups, 1/4 cup juice
Pineapple, chunks/crush	20 oz. can	2 cups, 1/2 cup juice
Pineapple, fresh	1 medium	2 lbs, 3 cups chunks/cubes
Pineapple, sliced	8 oz. can	4 slices
Pineapple, sliced	20 oz. can	10 slices
Pine Nuts	5 oz.	1 cup
Pinto Beans, dried	15 oz. can	1 1/2 cups
Pinto Beans, dried	1 lb.	2 cups dried, 5 cups cooked
Pistachios, in shell	1 lb.	3 1/2 to 4 cups, 2 cups shelled
Pistachios, in shell	1 oz.	20 nuts
Pistachios, in shell	1 cup	1/2 cup shelled
Pistachios, shelled	1 lb.	3 1/2 to 4 cups
Pistachios, shelled	1 cup	4 1/2 oz.
Pizza Sauce	8 oz. jar	3/4 cup

Pizza Sauce	15 oz. jar	1 3/4 cups
Plantains	1/1/4 lb.	2 medium, 2 1/2 cups sliced & cooked
Plums, canned	16 oz. can	10 to 14 plums
Plums, fresh	1 lb.	8 to 10 small, 6 medium, 5 large, 2 to 2 1/2 cups pitted, 2 cups cooked
Pomegranates, fresh	1 medium	1/2 cup pulp & seeds
Pomegranates, fresh	3 to 4 large	5 lbs., 1 qt. juice
Popcorn, microwave	3 1/2 oz. bag	8 cups popped
Popcorn, unpopped	1/4 cup	5 cups popped
Popcorn, unpopped	8 oz.	1 cup unpopped, 20 cups popped
Poppy Seeds	1 oz.	3 tbsp.
Pork, boneless	1 lb.	2 cups ground
Pork Loin, bone-in	2 lbs.	1 lb. cooked meat
Potato Chips	4 oz.	2 cups coarsely crushed
Potato Chips	1 oz.	1 serving
Potatoes, dried hash browns	2 cups	rehydrated = 1 lb. frozen hash browns
Potatoes, instant flakes	1/3 cups	1/2 cup prepared
Potatoes, mashed	1/2 cup	1 medium potato
Potatoes, new	1 lb.	9 to 12 small
Potatoes, red	1 lb.	7 - 9 small, 5 to 6 medium
Potatoes, white / russet	1 lb.	3 medium, 2 1/4 cups peeled & diced, 3 cups shredded, 1 3/4 cups mashed, 2 cups French fries
Potatoes, white / russet	1 medium	1 cup grated, 1 cup frozen hash browns
Potato Salad	1 quart	5 to 6 servings
Potato Shoestrings	1 1/2 oz. can	1 cup
Poultry Seasoning	1 oz.	1 tbsp. ground
Pretzel Crumbs	1/2 cup	12 thin pretzels
Prickly Pears	1 large	1/2 cup chopped or puréed
Prickly Pears, chopped	16 oz. jar	2 cups drained
Prunes, canned whole	9 oz. can	24 prunes
Prunes, dried	12 oz. pkg.	54 prunes, 2 1/2 cups dried, 2 cups cooked & drained
Pumpkin, canned	16 to 17 oz.	2 cups, makes 1 pie - 9"
Pumpkin, fresh	1 lb.	1 cup cooked & mashed, 4 cups peeled & cubed, 11 oz. pulp
Pumpkin, fresh	5 lbs.	1 medium, 4 1/2 cups cooked & puréed
<b>Q - Ingredients</b>		
<b>Ingredient</b>	<b>Amount</b>	<b>Equivalents</b>
Quail	1 medium	3 to 6 oz.
Quail Eggs	5 eggs	comparable to weight of 1 chicken egg
Quinces	1 lb.	3 to 4 medium, 1 1/2 cups chopped

Quinoa, uncooked	1 lb.	3 cups uncooked, 9 cups cooked
R - Ingredients		
Ingredient	Amount	Equivalents
Rabbit	1 average	2 lbs., 1 1/2 cups cooked meat
Radicchio, head	1 medium	8 leaves
Radishes	1 bunch	12 radishes, 1 cup sliced
Raisins, seedless	16 oz.	2 3/4 cups, 3 3/4 cups cooked
Raspberries, fresh	1 pint	1 3/4 cups
Raspberries, frozen	10 oz. pkg.	1 cup w/syrup
Ravioli, fresh	9 oz.	3 cups cooked
Rennet	1 tablet	1 tbsp. liquid rennet
Red Beans, dried	1 lb.	2 1/2 cups dried, 6 cups cooked
Rhubarb, fresh	1 lb.	4 to 8 stalks, 3 cups chopped, 2 cups cooked
Rhubarb, fresh	2 1/2 lbs.	makes 1 pie - 9"
Rhubarb, frozen	12 oz. pkg.	1 1/2 cups chopped/sliced and cooked
Rice, aromatic-uncooked	1 cup	3 cups cooked
Rice, brown-uncooked	1 cup	4 cups cooked
Rice, instant	1 lb.	4 cups uncooked, 8 cups cooked
Rice, converted	1 cup	3 1/4 cups cooked
Rice, regular	1 cup	3 cups cooked
Rice, wild	1 lbs.	3 cups uncooked, 9 to 10 cups cooked
Ricotta Cheese	8 oz.	1 cup
Rosemary, dried	1 oz.	9 tbsp.
Rosemary, dried	1 tsp. leaves	3/4 tsp. crushed leaves
Rosemary, fresh	1 oz.	1/3 cup leaves
Rosemary, fresh	4" stem	1/4 tsp. dried leaves
Rutabaga	1 lb.	2 1/2 cups cubed
Rutabaga	1 medium	1 1/2 to 2 lbs., 4 to 5 cups cubed

S - Ingredients		
Ingredient	Amount	Equivalents
Saffron, threads	4 to 6	1/4 tsp. crushed powder
Saffron, threads	1 1/2 grams	1 tbsp. crushed powder
Sage, dried	1 oz.	1/2 cup leaves
Sage, fresh	1/2 oz.	1/2 cup leaves
Sage, fresh chopped	1 tbsp.	1 tsp. dried
Sage, fresh chopped	12 leaves	1 tsp. dried
Sage, rubbed	1 oz.	2/3 cup
Salad Dressing	16 oz. btl.	2 cups
Salad Dressing	2 1/4 to 3 tbsp.	1 serving of dressing
Salad Dressing Mix, dry	1.4 oz. pkg.	2 cups prepared

Salad Greens, mixed	1 lb.	6 cups torn, loosely packed
Salmon, canned	14 3/4 oz. can	1 3/4 cups
Salmon, smoked	4 oz.	12 canapés
Salsa, tomato	16 oz. jar	2 cups
Salsa, tomato	24 oz. jar	3 cups
Salsify, fresh	1 lb.	4 to 5 roots without leaves
Salt	1 oz.	1 1/2 tbsp.
Salt	1 lb.	1 3/4 cups
Salt Pork	1/4 lb.	1 cup cracklings
Sandwich Filling	1 quart	serves 17 to 20 people
Sardines	3 3/4 oz. can	20 sardines
Sauerkraut	14 oz. can	1 3/4 cups
Sauerkraut	32 oz. can	4 cups
Scallions, white parts	1 bunch	1/3 cup chopped
Scallions, with tops	1 bunch	6 to 8 scallions, 1 cup sliced
Scallops, bay, shucked	1 lb.	75 to 100 scallops, 2 cups
Scallops, sea, shucked	1 lb.	30 scallops, 2 cups
Sesame Seeds	1 oz.	3 tbsp.
Shallots, fresh	1 medium	1/2 to 1 oz., 1 tbsp minced
Shallots, fresh	4 oz.	4 to 6 medium, 10 to 12 small, 1 cup chopped, 3/4 cup minced
Shortening	1 lb. can	2 1/2 cups
Shortening	20 oz. pkg.	3 sticks, 1 cup each
Shrimp, canned	4 1/2 oz.	1/2 cup
Shrimp, in shell	1 lb.	extra colossal less than 10, colossal 10 - 15, jumbo 21 - 25, extra lg. 26 - 30, large 31 - 35, medium 43 - 50, small 51 - 60
Snow Peas, fresh	4 oz.	1 1/2 cups trimmed
Snow Peas, frozen	6 oz.	1 1/2 cups
Sorrel, fresh	1/2 oz.	2/3 cups
Soup Base Paste	3/4 tsp.	1 cup prepared
Soup Base Paste	1 tbsp.	1 quart prepared
Sour Cream	8 oz.	1 cup
Soybeans, dried	1 cup	3 cups cooked
Soybeans, dried	1 lb.	2 cups uncooked, 6 cups cooked
Spaghetti, uncooked	4 oz.	3/4 diameter bundle uncooked, 2 cups cooked
Spaghetti, uncooked	1 lb.	4 to 5 cups of 2" pieces, 8 cups cooked
Spearmint, dried	1 tbsp.	1/4 cup chopped fresh mint
Spinach, canned	15 to 16 oz. can	1 1/2 to 2 cups

Spinach, fresh	1 lb.	10 to 12 cups torn leaves, 1 1/2 cups cooked, 1/2 to 3/4 cup cooked & squeezed dry
Spinach, fresh packaged	10 oz.	6 cups of leaves, 1 1/4 cups cooked, 2/3 cup cooked & squeezed dry
Spinach, frozen	10 oz. pkg.	1 1/2 cups
Split Peas, dried	1 lb.	2 1/3 cups dried, 5 cups cooked
Squab	1 medium	12 to 16 oz.
Squash, spaghetti	2 lbs.	4 cups cooked strands
Squash, summer, fresh	1 lb.	3 medium, 6 small, 2 1/2 cups uncooked slices, 2 cups cooked slices, 1 2/3 cups cooked and mashed
Squash, summer, frozen	10 oz. pkg.	1 1/2 cups sliced
Squash, winter, canned	16 oz. can	2 cups
Squash, winter, fresh	1 lb.	2 cups cooked chunks, 1 cup cooked and mashed
Squash, winter, frozen	12 oz. pkg.	1 1/2 cups sliced.
Strawberries, fresh	1 cup whole	4 oz., 1/2 cup puréed
Strawberries, fresh	1 pint	2 1/2 cups whole, 1 3/4 cups sliced, 1 1/4 cups puréed, 24 medium, 36 small
Strawberries, frozen	10 oz. pkg. of slices	1 cup drained, 1 1/4 cups w/syrup
Strawberries, frozen	20 oz. pkg. - whole	4 cups whole, 2 1/4 cups puréed
Strawberry Pie Filling	21 oz. can	2 1/3 cups
Stuffing Mix	8 oz. pkg.	4 cups dry, 2 1/4 cups finely crushed
Suet (beef fat)	1 lb.	3 3/4 cups chopped
Sugar, brown	1 lb.	2 1/4 cups packed
Sugar, granulated	1 lb.	2 1/4 cups
Sugar, granulated	5 lbs.	11 1/4 cups
Sugar, powdered	1 lb.	3 1/2 to 3 3/4 cups unsifted, 4 to 4 1/2 cups sifted
Sugar, superfine	1 lb.	2 1/4 cups
Sugar Cubes	1 cube-1/2"	1/2 tsp.
Sugar Cubes	1 lb. box	96 cubes
Sundae Syrup	20 oz. btl.	1 3/4 cups
Sunflower Seeds	3 1/2 oz. pkg.-kernels	3/4 cup kernels
Sunflower Seeds	7 oz. pkg. - unshelled	2 1/2 cups unshelled, 3/4 cups shelled nuts
Sweet and Sour Sauce	9 oz. jar	1 1/8 cups
Sweetened Condensed Milk	14 oz. can	1 1/4 cups
Sweet Potatoes, canned	16 oz.	1 3/4 to 2 cups
Sweet Potatoes, fresh	1 lb.	2 large or 3 medium, 2 cups cubed or sliced, 1 3/4 to 2 cups mashed

Swiss Chard, fresh	1 lb.	4 cups stems plus 5 to 6 cups leaves, 1 1/2 cups cooked stems plus 1 cup cooked leaves
Syrup, maple	12 oz. btl.	1 1/2 cups
Syrup, pancake	2 to 2 1/2 oz.	1 serving
Syrup, pancake	24 oz. btl.	10 to 12 servings
Syrup, sundae	20 oz. btl.	1 3/4 cups

### T - Ingredients

Ingredient	Amount	Equivalents
Taco Sauce	16 oz. jar	2 cups
Taco Seasoning, dry	1 1/4 oz.	4 tbsp. dry
Tangerines	1 lb.	4 medium whole, 2 cups sections
Tapioca, quick	8 oz. pkg.	1 1/2 cups, 3 3/4 cups cooked
Tarragon, dried leaves	1 oz.	1 cup
Tarragon, fresh	1/2 oz.	1/3 cup
Tartar Sauce	9 oz. jar	1 1/8 cups
Tea, bags	1 1/4 oz.	16 bags
Tea, bags	8 oz.	100 bags
Tea, instant	3 oz.	2 1/2 cups dry, 24 quarts prepared
Tea, loose	1 tsp.	3/4 to 1 cup iced, 1 to 2 cups steeped, 2 tea bags
Tea, loose	4 oz.	1 1/2 cups dry, 40 to 45 cups iced, 75 cups steeped
Thyme, dried leaves	1 oz.	1/2 cup
Thyme, fresh	1 sprig	1/2 tsp. dried
Thyme, fresh	1/2 oz.	1/3 cup leaves
Thyme, fresh, chopped	1 oz.	6 tbsp.
Tofu, firm	1 lb.	2 1/2 cups cubed, 2 cups crumbled, 1 3/4 cups puréed
Tofu, soft	1 lb.	1 3/4 cups puréed
Tomatillos	1 lb.	12 to 16 medium whole, 2 cups sliced
Tomatoes, canned	16 oz.	2 cups pulp & juice
Tomatoes, canned	28 oz.	2 cups drained
Tomatoes, canned-diced	16 oz.	2 cups pulp & juice
Tomatoes, with chiles	14 1/2 oz.	1 3/4 cups
Tomatoes, cooked	2 lbs.	1 1/2 cups
Tomatoes, fresh	1 medium	3/4 to 1 cup chopped
Tomatoes, fresh	1 lb.	2 large, 3 medium, 4 small, 1 to 1 1/2 cups peeled, seeded, chopped, 1 to 1 1/2 cup raw pulp, 3/4 cup cooked pulp, 12 oz. can
Tomatoes, cherry	1 lb.	1 pint, 25 to 35 tomatoes
Tomatoes, plum	1 lb.	7 to 8 tomatoes
Tomatoes, stewed	14 1/2 oz. can	1 1/2 cups
Tomatoes, sundried	1 oz.	10 tomatoes
Tomato Paste	6 oz. can	3/4 cup

Tomato Purée	16 oz. can	2 cups
Tomato Sauce	8 oz. can	1 cup
Tortellini, fresh	9 oz. pkg.	2 1/4 cups cooked
Tuna, canned	6 to 6 1/4 oz. can	2/3 cup drained
Tuna, canned	9 to 9 1/4 oz. can	1 cup drained
Turkey, canned	5 oz. can	1/2 cup drained
Turkey, whole, bone-in	12 - 18 lbs.	25 servings
Turkey, whole hen	8 to 16 lbs.	6 1/4 to 12 1/2 lbs. uncooked meat
Turkey, whole roaster	5 t 9 lbs.	3 3/4 to 6 3/4 lbs. uncooked meat
Turkey, whole tom	16 to 24 lbs.	13 to 19 1/2 lbs. uncooked meat
Turmeric	1 oz.	4 tbsp.
Turnip Greens, canned	16 oz.	2 cups
Turnip Greens, fresh	1 lb.	6 to 7 cups raw leaves, 1 cup cooked
Turnip Greens, frozen	10 oz. pkg.	1 1/2 cups cooked
Turnips	1 lb.	3 to 4 medium, 2 1/2 cups diced, 2 1/2 to 3 cups cooked & mashed
Turtle Black Beans, dried	1 lb.	2 to 2 1/3 cups dried, 5 cups cooked

### V - Ingredients

Ingredient	Amount	Equivalents
Vanilla Bean, scraped	1" bean	1 tsp. pure vanilla extract
Vanilla Extract	1 oz.	2 1/2 tbsp.
Vanilla Wafers	26 wafers	1 cup fine crumbs
Vanilla Wafers	12 oz. box	88 wafers
Vegetables, canned	8 oz. can	1 cup
Vegetables, canned	12 oz. can	1 1/2 cup
Vegetables, canned	16 to 17 oz. can	2 cup
Vegetables, canned	20 oz. can	2 1/4 to 2 1/2 cups
Vegetables, canned	29 oz. can	3 1/4 to 3 1/2 cups
Vegetables, canned	6 lb.-8 oz. can	25 servings (#10 can)
Vegetables, frozen	10 oz. pkg.	1 1/2 cups
Vegetables, frozen	16 oz. pkg.	2 to 2 3/4 cups
Vegetables, frozen	20 oz. pkg.	3 to 4 cups
Vienna Sausages	5 oz. can	7 to 8 links
Vinegar	12 oz. btl.	1 1/2 cups
Vinegar	16 oz. btl.	2 cups

### W - Ingredients

Ingredient	Amount	Equivalents
Waffle Batter	5 oz.	1 waffle (7")
Walnuts, unshelled	1 lb.	2 cups shelled nuts
Walnuts, shelled	1 lb.	3 1/2 cups chopped, 4 cups whole

Walnuts, halves	2 1/2 oz.	5/8 cup
Walnuts, halves	7 oz. pkg.	1 3/4 cups
Walnuts, halves	16 oz. pkg.	4 cups
Walnuts, pieces	2 oz. pkg.	1/3 cup
Water Chestnuts	5 oz. can	15 to 17 water chestnuts
Water Chestnuts	8 oz. can	1 cup sliced
Watercress	1 bunch	2 cups chopped
Watermelon, with rind	22 lbs.	22 cups cubes or balls
Watermelon, with rind	40 lbs.	25 servings
Was Beans, canned	16 oz. can	1 3/4 to 2 cups
Wax Beans, fresh	1 lb.	3 cups trimmed and cut or frenched, 2 1/2 cups cut & cooked
Wax Beans, frozen	10 oz. pkg.	1 1/2 cups
Wheat, cracked	1 cup - uncooked	3 to 3 1/2 cups cooked
Wheat Berries	1 cup - uncooked	3 cups cooked
Wheat Germ	12 oz. jar	3 cups
Whipped Topping	8 oz. carton - frozen	3 1/2 cups
Whipped Topping Mix	1.4 oz. pkg.	2 cups whipped topping
White Beans, dried	1 lb.	2 to 2 1/2 cups dried, 6 cups cooked
Wine, 187 ml	1 split	6.3 oz.
Wine, 750 ml	1 bottle	25.4 oz., 5 (5 oz.) servings
Wine, 750 ml (12 btls.)	1 case	304 oz., 60 (5 oz.) servings
Wine, 1 liter	1 bottle	33.8 oz., 6 (5 oz.) servings
Wine, 1.5 liter	1 magnum	50.7 oz., 10 (5 oz.) servings
Wine, 1.75 liter	1 bottle	59.1 oz., 11 (5 oz.) servings
Wonton Wrappers	1 lb.	60 wrappers

### Y - Ingredients

Ingredient	Amount	Equivalents
Yams	1 lb.	2 large or 3 medium, 2 cups cubed or sliced, 1 3/4 to 2 cups mashed
Yeast, active	1/4 oz. pkg.	2 1/4 tsp.
Yeast, active	4 oz. jar	14 tbsp.
Yeast, compressed	.06 oz. cake	equal to 1/4 oz. pkg. dry
Yeast, compressed	2 oz. cake	equal to 3 (1/4 oz.) pkgs. dry
Yogurt	8 oz.	1/2 pint, 1 cup
Yogurt	3 cups	makes 1 cup yogurt "cheese"

### Z - Ingredients

Ingredient	Amount	Equivalents
Zucchini	1 medium	2 cups sliced, 1 1/2 cups shredded
Zucchini	1 lb.	3 medium, 6 cup sliced, 4 to 5 cups shredded