



Cooking Basics

Food Yields

Apples	1 pound	= 3 medium = 3 cups slices
Bananas	1 pound	= 3-4 medium = 1 1/2 cups mashed = 2 cups sliced
Beans (dry)	1 pound	= 2-2 1/2 cups (dry) = 6 cups cooked
Bread crumbs	4 slices bread	= 2 cups fresh crumbs = 1 1/3 cups dry crumbs
Butter, margarine or shortening	1 pound	= 2 cups
Cabbage	1 pound	= 6 cups shredded = 2-3 cups cooked
Carrots	1 pound	= 3 cups sliced = 2 1/2 cups shredded
Cheese	4 ounces	= 1-1 1/3 cups shredded
Coffee	1 pound	= 40-50 cups brewed
Cornmeal	1 pound	= 3 cups (dry) - 12 cups cooked
Eggs (medium)	1 dozen	= 2 cups
Egg whites (large)	8 eggs	= 1 cup
Flour, all purpose	1 pound	= 4 cups sifted
Flour, whole wheat	1 pound	= 3 1/3 - 3 3/4 cups
Graham crackers	12 squares	= 1 cup crumbs
Ground meat (beef, pork, turkey)	1 pound	= 2 cups ground
Lemons	1 lemon	= 2-4 tablespoons juice
Macaroni, spaghetti	1 pound	= 5 cups (dry) = 8-10 cups cooked
Milk, evaporated	6 ounce can	= 1 1/2 cups reconstituted
Oatmeal	1/2 cup dry	= 1 cup cooked
Onions	1 pound	= 3 large
Oranges	1 orange	= 6 tablespoons juice
Potatoes	1 pound	= 3 medium = 3 1/2 cups sliced = 2 cups mashed
Raisins	1 pound	= 2 3/4 - 3 cups
Rice, regular white or brown	1 pound	= 2 1/2 cups (dry) = 7 1/2 cups cooked
Saltines	22 crackers	= 1 cup crumbs
Sugar, white-granulated	1 pound	= 2 cups
Sugar, brown	1 pound	= 2 1/4 cup (firmly packed)
Yeast (active dry)	1 packet	= 1 tablespoon

(From Jane Brody's Good Food Gourmet, 1990. W. W. Norton & Co., Inc.)

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Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, The University of Georgia College of Agricultural and Environmental Sciences and the U.S. Department of Agriculture cooperating. Gale A. Buchanan, Dean and Director

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November 2002

Publication Number: FDNS-NE 104