

EQUIVALENCY CHART



BAKING INGREDIENTS

5 1/2 ounces **baking powder** = 1 cup
3 cups **cornmeal** = 1 pound
3 cups **cornstarch** = 1 pound
2 cups **sugar** = 1 pound
3 1/2 cups **powdered sugar** = 1 pound
2 1/2 cups **brown sugar** = 1 pound
4 cups **cocoa** = 1 pound
1 ounce **bitter chocolate** = 1 square
4 coarsely-crumbled **Zweiback** = 1 cup
9 finely-crumbled **Zweiback** = 1 cup

BREAD

1 1/2 slices **bread** = 1 cup **soft crumbs**
1 slice **bread** = 1/4 cup **fine dry crumbs**

CHEESE

5 cups **grated American cheese** = 1 pound
2 2/3 cups **cubed American cheese** = 1 pound
6 2/3 tablespoons **cream cheese** = 3 oz. package

CRACKERS / COOKIES

28 **saltine crackers** = 1 cup fine crumbs
14 square **graham crackers** = 1 cup fine crumbs
22 **vanilla wafers** = 1 cup fine crumbs

EGGS

8-10 **egg whites** = 1 cup
10-12 **egg yolks** = 1 cup
1 **egg** = 4 tablespoons liquid
4-5 **whole eggs** = 1 cup

FATS

1 stick or 1/4 lb. **butter** = 1/2 cup
2 tablespoons **butter / oil** = 1 ounce
1/2 cup **butter** = 1/4 pound or 1 stick
1 cup **fat /butter** = 1/2 pound
2 cups **fat / butter** = 1 pound

FLOURS

3 3/4 cups unsifted **whole-wheat flour** = 1 lb.
4 cups sifted **all-purpose flour** = 1 lb.
4 1/2 cups sifted **cake flour** = 1 lb.
5 cups **rye flour** = 1 lb.
1 pound **flour** = 4 cups

FRUIT

1 medium **lemon** = 3 tablespoons juice
5-8 medium **lemons** = 1 cup juice
1 medium **apple**, chopped = 1 cup
1 medium **orange** = 1/3 cup juice
3-4 medium **oranges** = 1 cup juice
Grated peel of **lemon** = 1 tablespoon
Grated peel of **orange** = 2 tablespoons
1 medium **banana**, mashed = 1/3 cup

MISCELLANEOUS

1 medium **onion**, chopped = 1/2 cup
2 2/3 cups **coconut** = 1 1/2-pound carton
16 **marshmallows** = 1/4 pound
3 1/4-ounce package **flavored gelatin** = 1/2 c.
1/4 ounce package **unflavored gelatin** = 1 Tbsp.
3 1/4 cup **seeded raisins** = 15-ounce package
3 cups **seedless raisins** = 15-ounce package
1 pound **raisins** = 3 1/2 cups
1 pound **carrots** = 4 medium or 6 small; 3 cups shredded; 2 1/2 cups diced
5 cups **ground coffee** = 1 pound
1 cup **whipping cream** = 2 cups whipped
1 cup **evaporated milk** = 3 cups whipped

NUTS

1 lb. **unshelled walnuts** = 1 1/2 to 1 3/4 c. shelled
1 cup **chopped nuts** = 1/4 pound
3 1/2 cups **almonds** = 1 pound
3 cups **walnuts** (broken) = 1 pound

PASTA / RICE

7 ounces **spaghetti** = 4 cups cooked
1 1/2 -2 cups (4 oz.) **uncooked noodles** = 2-3 c. cooked
1-1 1/4 cups (4 oz.) **uncooked macaroni** = 2 1/4 c. cooked
8-ounce package **macaroni** = 6 cups cooked
8-ounce package **noodles** = 7 cups cooked
1 cup **uncooked long-grain rice** = 3.4 cups cooked
2 1/3 cups **rice** = 1 pound