



CHEAT SHEET

Quick Cooking Conversions

Sometimes you need to quickly convert different units or measurements from one to another. Keep this chart handy to help you in a pinch. The food equivalencies are approximate.

Measurements

1 gallon = 4 quarts
 1 quart = 2 pints
 1 pint = 2 cups
 1 cup = 8 ounces
 1/2 cup = 8 tablespoons
 1/3 cup = 6 tablespoons
 1/4 cup = 4 tablespoons
 1 tablespoon = 3 teaspoons
 1 pound = 16 ounces

Foods

Apples

1 pound = 3-4 medium
 1 medium apple = 1 cup diced

Beans

1 pound dry = 2-2½ cups
 uncooked = 5-6 cups cooked

Berries

1 pint = 2+ cups

Beef

1 pound raw = 2½ cups cooked, diced

Butter

1 stick = ¼ pound = ½ cup = 8 tablespoons

Cabbage

1 pound raw = 3-4 cups, shredded

Chicken

1 pound boned raw chicken = 2½ cups, cooked, diced
 3 pounds bone-in raw chicken = 2½-3 cups, cooked, diced

Chocolate, unsweetened baking

1 ounce = 1 square

Eggs

1 cup raw whole eggs = 5-6 large eggs
 1 cup raw egg whites = 8 large egg whites
 1 cup raw egg yolks = 12 large egg yolks
 1 raw egg white = 2 tablespoons
 1 raw egg yolk = 1½ tablespoons

Herbs

1 tablespoon fresh = 1 teaspoon dried

Garlic

1 large clove = ¾ teaspoon minced = ½ teaspoon garlic powder

Ginger

1 tablespoon minced fresh ginger = 1½ teaspoons ground

Kale

1 pound fresh = 5 cups raw, chopped = 1 cup cooked

Lemon

1 medium = 2-3 tablespoons juice

Lime

1 medium = 1½ -2 tablespoons juice

Oats

1 cup raw rolled oats = just under 2 cups cooked
 1 cup raw steel cut = just under 3 cups cooked

Orange

1 medium naval = 1/3-1/2 cup juice

Pumpkin

1 pound raw, peeled and seeded = 1 cup cooked, mashed

Rice, brown

1 cup dried = 3-4 cups cooked

Sweet Potatoes

1 pound raw = 2 large or 3 medium

Helping You Make Tastier, Healthier Food in Less Time

