

HOW MANY CUPS IN A POUND OF

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Below is a list of ingredients usually sold by the pound and the approximate number of cups in a pound of those ingredients. This can help you estimate the number of pounds needed for your recipes.

Almonds, Shelled	3 1/2 c	Flour, Rice	3 1/2 c
Apples	3 cups/3 med.	Flour, Rye, Lt.	5 c
Apples, Dried	6 cups	Flour, Rye, Dk	4 c
Apricots, Dried	3 cups	Flour, Soy	4 c
Bananas	3 large or 1 1/2 c. mashed	Flour, Whole wheat	4 c
Barley, whole	4 c cooked	Graham Crackers	6 c. crumbs
Barley, Pearled	2 - 2 1/2 c.	Honey	1 1/3 c
Beans, Baby Limas	2 1/3c (6c.cooked)	Lentils	2 1/3c (6c cooked)
Beans, Kidney	1 1/2 c (6c.cooked)	Macaroni	4 c (8c cooked)
Beans, Navy	2 1/3 c (6c cooked)	Marshmallows	8 c. miniature or 75-80 large
Beans, Soy	2 1/3 c (6c cooked)	Milk Powder	4 c
Bran	8 cups	Molasses	1 1/3 c
Brazil nuts, shelled	1 1/2 c	Noodles	6 c/6-8c. cooked
Butter/Oleo	2 c.	Oatmeal	4 3/4 c.
Cabbage	4 c. Shredded	Peaches, Dried	3 c
Candied fruit or peels	2 1/2 c	Peanuts	3 c
Carob Chips	2 3/8 c	Peanut Butter	2 1/4 c

Carrots	3 c. finely shredded	Pears, Dried	3 c.
Cashews, shelled	4 c.	Peas, Split	2c (6 c cooked)
Cheese, grated	4 c	Pecans, shelled	4 c
Chocolate chips	2 3/8 c	Potatoes, raw	2 c cooked/mashed
Cocoa	4 c	Potatoes, Sweet	2 c cooked/mashed
Coconut, shredded	5 c.	Prunes	2-3 c.
Coffee Grounds	4 1/2 c grounds	Raisins	2 3/4 c
Corn Meal	3 1/4 c	Rice, white	2 c (6c cooked)
Corn Starch	3 - 3 /14 c	Rice, Brown	2 - 2 1/4 c
Cottage Cheese	2 c	Rice, Wild	3 cup
Cream Cheese	2 c	Shortening	2 c
Cream of Wheat	2 1/2-3 c	Spaghetti	4 c (9-10 c cooked)
Currants, Dried	3 - 3 3/8 c	Sugar, Brown	3 1/2 c
Dates, Pitted	2 2/3 c	Sugar, Granulated	2 1/4 c
Dates, Unpitted	3 1/2 c	Sugar, Powder	3 3/4 c.
Figs, Dried	3 c.	Tapioca, minute	2 1/2 c.
Filberts, shelled	3 1/2 c.	Tea	6-8 cups
Flour, All purpose	3 3/4 c	Tomatoes	2 cup
Flour, Corn	4 c	Vegetable oil	2 cup
Flour, Gluten	3 1/4 c	Walnuts, shelled	4 c
Flour, Pastry	4 c.		

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