

Common Weights and Measures

APPENDIX L

Common Weights and Measures

1 tablespoon	= 3 teaspoons	1 cup	= 16 tablespoons
1/8 cup	= 2 tablespoons or 1 fluid ounce	1/2 pint	= 1 cup or 8 fluid ounces
1/4 cup	= 4 tablespoons	1 pint	= 2 cups
1/3 cup	= $5\frac{1}{3}$ tablespoons	1 quart	= 4 cups
3/8 cup	= 6 tablespoons	1 gallon	= 4 quarts
1/2 cup	= 8 tablespoons	1 peck	= 8 quarts (dry)
2/3 cup	= $10\frac{2}{3}$ tablespoons	1 bushel	= 4 pecks
3/4 cup	= 12 tablespoons	1 pound	= 16 ounces

Scoops

Scoop No.	Level Measure	Suggested Use*
6	2/3 cup	Entree salads
8	1/2 cup	Entree
10	3/8 cup	Desserts, meat patties
12	1/3 cup	Vegetables, muffins, desserts, salads
16	1/4 cup	Muffins, desserts
20	$3\frac{1}{3}$ tablespoons	Muffins, sauces, sandwich fillings
24	$2\frac{2}{3}$ tablespoons	Cream puffs
30	2 tablespoons	Large drop cookies
40	$1\frac{2}{3}$ tablespoons	Drop cookies

* Shugart, Molt, Wilson "Food for 50," 7th Edition, 1985.

Ladles

Number on Ladle	Approximate Measure
1 fluid ounce	1/8 cup
2 fluid ounces	1/4 cup
4 fluid ounces	1/2 cup
6 fluid ounces	3/4 cup
8 fluid ounces	1 cup
12 fluid ounces	$1\frac{1}{2}$ cups

Weights and Measures

Bread:

Dry: $\frac{1}{3}$ cup = 1 slice

Soft: $\frac{3}{4}$ cup = 1 slice

Butter:

1 stick = 8 Tbsp or $\frac{1}{2}$ cup

4 sticks = 2 cups or 1 lb

Cheese, American:

1 lb = $2\frac{2}{3}$ cups, cubed

Loaf 1 lb. = 16 to 20 slices

Cocoa:

1 lb = 4 cups, ground

Corn meal:

1 lb = 3 cups

Cracker crumbs:

23 soda crackers = 1 cup

15 graham crackers = 1 cup

1 lb medium fine = 5 to 6 cups

Egg:

1 large = 4 Tbsp liquid

4 to 5 whole = 1 cup

7 to 9 whites = 1 cup

12 to 14 yolks = 1 cup

12 (1 dozen) = $2\frac{1}{4}$ cups

Flour:

1 lb all-purpose = 4 cups

1 lb cake = $4\frac{3}{4}$ cups

1 lb graham (whole wheat) = $3\frac{3}{4}$ cups

1 lb rye = 5 cups

Lemons, juice:

1 lb = 4 to 5 lemons or $\frac{3}{4}$ cup juice

1 medium = 2 to 3 Tbsp

5 to 8 medium = 1 cup

Lemons, rind:

1 lemon = 3 Tbsp, grated

Milk, dry, nonfat solids:

1 lb = 4 cups

Oranges, juice:

1 medium = 6 to 8 Tbsp

3 to 4 medium = 1 cup

Oranges, rind:

1 rind = 2 Tbsp grated

Gelatin:

$3\frac{1}{4}$ oz package, flavored = $\frac{1}{2}$ cup

$\frac{1}{4}$ oz package, unflavored = 1 Tbsp

Rolled oats:

1 lb = $4\frac{3}{4}$ cups

Shortening:

1 lb = $2\frac{1}{4}$ cups

Sugar:

1 lb brown, solid packed = 2 cups

1 lb = 96 cubes

1 lb granulated = 2 cups

1 lb confectioners, sifted = 3 cups