

## Tipnut's Kitchen Measurement Hacks

## My Notes:

1 pound all-purpose flour = 4 cups  
1 pound cake flour = 4 3/4 cups  
1 pound pastry or graham flour = 4 1/2 cups  
1 pound granulated sugar = 2 to 2 1/4 cups  
1 pound brown sugar = 2 to 2 1/3 cups  
1 pound sifted confectioners' sugar = 4 cups (approx)  
1 pound oatmeal = 2 2/3 cups  
1 pound rolled oats = 4 3/4 cups  
1 pound butter = 2 cups  
1 pound shortening = 2 to 2 1/3 cups  
1 pound cheddar cheese = 4 cups, grated  
1 cup eggs = 5 to 6 medium eggs  
1 cup egg whites = 7 to 10 medium eggs  
1 cup egg yolks = 12 to 14 medium eggs  
1 pound finely chopped meat = 2 cups  
1 pound cocoa = 4 cups  
1 ounce chocolate = 1 square  
6 oz. chocolate chips = 1 cup (approx)  
9 oz. jar jelly or jam = 1 cup (approx)  
4 medium apples = 4 cups sliced apples  
3 medium bananas = 1 cup mashed banana  
8 medium peaches = 4 cups sliced peaches  
1 pint strawberries = 2 cups sliced strawberries  
1 pound unpitted dates = 1 3/4 cups  
1 pound pitted dates = 2 1/2 cups  
1 pound raisins = 2 1/2 to 3 cups  
1 pound rhubarb = 2 cups, cut  
1 pound onions = 2 1/2 cups chopped  
1 pound nuts = 4 cups chopped (approx)

### **Kitchen Tidbits:**

- ✓ 1 stick of butter = 1/2 cup
- ✓ 1 cup of whipping cream = 2 cups whipped
- ✓ 1 cup uncooked rice = 3 1/2 cups cooked
- ✓ 1 envelope Gelatin = 4 leaves = 1/4 ounce
- ✓ 1 pkg. yeast = 2 1/4 teaspoons active dry yeast