

How to read this table:

1. On the far left are the ingredients listed in alphabetical order
2. "Per pound US" means: So many units / cup you need to reach around 450 g
3. "Ounces per cup" means: How many ounces correspond to an USerican Cup
4. 1 cup means much grams of the ingredient you need for a US-cup (cup)
5. 1/2 cup means much grams of the ingredient you need for a half cup
6. 1/3 cup means much grams of the ingredient you need for third Cup

<i>A</i>	<i>per US Pound</i>	<i>Ounces per cup</i>	<i>1 cup</i>	<i>1/2 cup</i>	<i>1/3 cup</i>
<i>Almonds, chopped</i>		4	113	56.5	37.7
<i>Almonds, leaves</i>		3	85	42.5	3.28
<i>Almonds, whole</i>		6.4	130	65	43.3
<i>Apple, sliced</i>	3 cup	5.3	150	75	50
<i>Apples, chopped</i>	2 cup	9.7	225	112.5	75
<i>Apricots</i>	10 pcs				
<i>Asparagus, chopped</i>	3 cup	5.3	150	75	50
<i>B</i>	<i>per US Pound</i>	<i>Ounces per cup</i>	<i>1 cup</i>	<i>1/2 cup</i>	<i>1/3 cup</i>
<i>Bacon, fried</i>					
<i>Baking powder</i>		7.5	162	81	54
<i>Banana slices</i>	2 1/2 cup	3.6	180	90	60
<i>Beans, dried</i>	2 1/2 cup	7	198	99	66
<i>Beans, green, chopped</i>	4 cup	4	113	56.5	37.7
<i>Blackberries</i>		4	113	56.5	37.7
<i>Bread crumbs</i>		5.8	164	82	54.7
<i>Bread, loaf</i>	14 slices				
<i>Breadcrumbs</i>		5.8	164	82	54.7
<i>Broccoli into florets</i>	12 cup	3.6	180	90	60
<i>Butter</i>	4 sticks		240	120	80
<i>C</i>	<i>per US Pound</i>	<i>Ounces per cup</i>	<i>1 cup</i>	<i>1/2 cup</i>	<i>1/3 cup</i>
<i>Cabbage, chopped</i>	4 1/2 cup	5.3	100	50	33.3
<i>Carrots, grated</i>	3 1/2 cup	6.4	129	64.5	43
<i>Carrots, large</i>	6 pieces				
<i>Carrots, medium</i>			2 pcs	1 pc	
<i>Cashew nuts</i>		6.4	130	65	43.3
<i>Celery, chopped</i>	4 cup		4 sticks	A rib	
<i>Cheese, grated</i>	4 cup	4	113	56.5	37.7
<i>Cherries, all</i>	3 cup	5.3	150	75	50
<i>Chocolate chips</i>		6	170	85	56.7
<i>Chopped walnuts</i>	3 1/2 cup	6.4	129	64.5	43
<i>Cocoa powder</i>	4 cup	4	113	56.3	37.5
<i>Coconut flakes</i>	4 1/2 cup		80	40	25
<i>Coffee</i>	5 1/3 cup	3	85	42.5	3.28
<i>Corn flour</i>	3 cup	5.3	150	75	50
<i>Corn, grain</i>		4	113	56.5	37.7
<i>Cornstarch</i>	2 1/2 cup	9.4	140	70	46.7
<i>Cottage cheese</i>	2 cup	5.8	240	120	80
<i>Cucumbers, sliced</i>	4 cup	4	113	56.5	37.7
<i>Currants</i>		4	113	56.5	37.7

D	per US Pound	Ounces per cup	1 cup	1/2 cup	1/3 cup
<i>Dates, seeded</i>	2 1/2 cup	3.6	180	90	60
<i>Dried fruit, chopped</i>	2 cup	9.7	225	112.5	75
E	per US Pound	Ounces per cup	1 cup	1/2 cup	1/3 cup
<i>Eggplant, chopped</i>	4 cup	4	113	56.5	37.7
<i>Eggplant, cooked</i>	3 cup	5.3	150	75	50
<i>Eggplant, diced</i>	6 cup	6.2	75	37.5	25
<i>Eggs, large</i>	9 pcs		5 pcs		
<i>flour, extra fine</i>	1/2 cup	.3	00	0	3.3
G	per US Pound	Ounces per cup	1 cup	1/2 cup	1/3 cup
<i>garlic, chopped</i>					
<i>green beans, cooked</i>	2 1/2 cup	3.6	180	90	60
H	per US Pound	ounces per cup	cup	1/2 cup	1/3 cup
<i>Hazelnuts</i>		6.4	130	65	43.3
<i>Honey</i>	1 1/2 cup	6.1	300	150	100
<i>Icing sugar, sieved</i>	4 3/4 cup	4.3	95	47.5	7.31
<i>Jam</i>		9.4	140	70	46.7
<i>Jelly</i>		6	170	85	56.7
L	per US Pound	ounces per cup	cup	1/2 cup	1/3 cup
<i>Leek, chopped</i>	4 cup	4	113	56.5	37.7
<i>Leeks, cooked</i>	2 cup	8	226	113	75.3
M	per US Pound	Ounces per cup	1 cup	1/2 cup	1/3 cup
<i>Macadamia nuts</i>		3.9	110	55	36.7
<i>Maple syrup</i>		11	311	155.5	103.7
<i>Margarine</i>	2 1/2 cup	3.6	180	90	60
<i>Mayonnaise</i>	2 cup	8	227	113.5	75.7
<i>Mushrooms, cooked</i>	2 cup	8	226	113	75.3
<i>Mushrooms, slices</i>	5 cup	2.3	90	45	30
N	per US Pound	Ounces per cup	1 cup	1/2 cup	1/3 cup
<i>Nuts, ground</i>		7.3	106	53	35.3
O	per US Pound	Ounces per cup	1 cup	1/2 cup	1/3 cup
<i>Oatmeal</i>	6 cup	6.2	75	37.5	25
<i>Onion rings</i>	4 cup	4	113	56.5	37.7
<i>Onion, large chopped</i>			1 pc		
<i>Onion, medium size, chopped</i>				1 pc	
<i>Onions, medium size, very</i>	4 pcs				
<i>Oranges, medium size</i>	3 pcs				
<i>Oranges, segments</i>					1 pc
P	per US Pound	Ounces per cup	1 cup	1/2 cup	1/3 cup
<i>Parmesan cheese, grated</i>	2 cup	8	226	113	75.3
<i>Peaches, of medium size</i>	3 pcs				
<i>Peaches, sliced</i>	3 cup	5.3	150	75	50

<i>Peanuts</i>		3.9	110	55	36.7
<i>Peas, peeled</i>	3 cup	5.3	150	75	50
<i>Pecans, chopped</i>	2 cup	9.7	225	112.5	75
<i>Pistachios, peeled</i>	3 1/2 cup	1.5	145	72.5	48.3
<i>Polenta</i>		6	170	85	56.7
<i>Potatoes, boiled, mashed,</i>	2 cup	8	226	113	75.3
<i>Potatoes, medium size, sliced</i>	3 pcs				
<i>Potatoes, sliced</i>	2 1/2 cup	3.6	180	90	60
<i>Powdered sugar, unfiltered</i>	4 cup	4	113	56.3	37.5
<i>Protein</i>			9 pcs		
<i>Pumpkin, chopped</i>	4 cup	4	113	56.5	37.7
<i>Pumpkin, cooked and drained</i>	2 cup	8	226	113	75.3
Q	<i>per US Pound</i>	<i>Ounces per cup</i>	1 cup	1/2 cup	1/3 cup
<i>Quark</i>	2 1/4 cup		228	114	76
R	<i>per US Pound</i>	<i>Ounces per cup</i>	1 cup	1/2 cup	1/3 cup
<i>Raisins</i>	2 3/8 cup	1.7	200	100	66.7
<i>Raspberries</i>		5	142	71	47.3
<i>Rhubarb, cooked</i>	2 cup	8	226	113	75.3
<i>Rice, uncooked</i>	2 1/4 cup	1.7	200	100	66.7
<i>Rye flour</i>	2 2/3 cup	6	170	85	56.7
S	<i>per US Pound</i>	<i>Ounces per cup</i>	1 cup	1/2 cup	1/3 cup
<i>Salt</i>	2 1/2 cup	3.6	180	90	60
<i>Sauerkraut</i>		5.8	240	120	80
<i>Sesame seeds</i>		4.7	132	66	44
<i>Shelled Pecans</i>	4 1/4 cup	7.3	106	53	35.3
<i>Sour cream</i>	2 cup	9.7	225	112.5	75
<i>Spinach, cooked</i>	1 cup	9.15	450	225	150
<i>Strawberries</i>		5	142	71	47.3
<i>Sugar</i>	2 1/4 cup	1.7	200	100	66.7
<i>Sugar, brown</i>	2 1/2 cup	3.6	180	90	60
<i>Sweet potatoes, cooked and mashed</i>	1 cup	9.15	450	225	150
<i>Sweet potatoes, grated</i>	4 cup	4	113	56.5	37.7
T	<i>per US Pound</i>	<i>Ounces per cup</i>	1 cup	1/2 cup	1/3 cup
<i>Tea, dried</i>	6 1/2 cup	2.4	69	34.5	23
<i>Tomatoes, chopped</i>	1 1/2 cup	6.1	300	150	100
<i>Tomatoes, medium size</i>	3 pcs				
W	<i>per US Pound</i>	<i>Ounces per cup</i>	1 cup	1/2 cup	1/3 cup
<i>Walnuts, peeled</i>	3 3/4 cup	2.4	120	60	40
<i>Wheat flour</i>	3 3/4 cup	2.4	120	60	40
<i>Wheat grains</i>		1.7	200	100	66.7
<i>Yeast, dry</i>		5.13	384	192	128
<i>Yolk</i>			12 pcs		
Z	<i>per US Pound</i>	<i>Ounces per cup</i>	A cup	1/2 cup	1/3 cup
<i>Zucchini, medium</i>	3 pcs				

<i>Flour / powdered sugar</i>	<i>Butter and Sugar</i>
1/8 cup15 grams	1/8 cup 30 grams
1/4 cup30 grams	1/4 cup 55 grams
1/3 cup40 grams	1/3 cup 75 grams
3/8 cup45 grams	3/8 cup 85 grams
1/2 cup60 grams	1/2 cup115 grams
2/3 cup75 grams	2/3 cup150 grams
3/4 cup85 grams	3/4 cup170 grams
1 cup 120 grams	1 cup 225 grams

And here begins the math part:

To make Ounces into Grams: Multiply by 28th Example: Four ounces are 112 grams.

In order to convert pounds kilograms: Multiply by 0.45. For example, two pounds or 0.9 kilograms, or 900 grams.

A Teaspoon is Five ml (when it comes to liquids). Otherwise: Measure out just a teaspoon of salt.

A Tablespoon is 15 ml of liquid. For solid ingredients subject to the above: Simply measure out a heaping tablespoon.

A fluid ounce is 30 ml. Example: 15 fl.oz. is 450 ml.

In order to make cups liters (only applies to liquids): multiply with 0.24. Example: 3 cups of water is 0.72 liters or 720 ml.

A pint is 0.47 liters, 0.95 liters in a quart, and a gallon equals 3.8 liters.

A stick of butter is about 125 gm.

Temperatures:

To convert Fahrenheit to Celsius, first subtract 32°F and then multiply .556 (or just divide by 2 for a ballpark figure).

Temps for the oven:

325 ° F is 162 degrees Celsius

350 ° F is 175 degrees Celsius

375 ° F is 190 degrees Celsius

400 ° F is 205 degrees Celsius

425 ° F is 218 degrees Celsius

450 ° F is 232 degrees Celsius

475 ° F is 246 degrees Celsius