

Kitchen Equivalents

Bread Crumbs Fresh - 4 oz (115 grams) = 2 cups, loosely packed
Dry - 4 oz (115 grams) = 3/4 cup

Brown Sugar **1 pound (450 grams) = 2 1/3 cups**

Confectioners Sugar **1 pound (450 grams) = 4 cups**

Egg whites (large) **1 = 2 tablespoons 8 = 1 cup**

Egg Yolks (large) **1 = 1 tablespoon 16 = 1 cup**

Liquid and Dry Measures

a pinch = slightly less than 1/4 teaspoon

a dash = a few drops

3 teaspoons = 1 tablespoon

1 jigger = 3 tablespoons = 1 1/2 ounces

8 tablespoons = 1/2 cup = 4 ounces

Butter, Shortening, Cheese & Other Solid Fats

1 tablespoon = 1/8 stick = 1/2 ounce = 15 grams

2 tablespoons = 1/4 stick = 1 ounce = 30 grams

4 tablespoons = 1/2 stick = 2 ounces = 60 grams

8 tablespoons = 1 stick = 4 ounces = 115 grams

16 tablespoons = 2 sticks = 8 ounces = 225 grams

32 tablespoons = 4 sticks = 16 ounces = 450 grams