

# Equivalency Chart

<b>Food</b>	<b>Quantity</b>	<b>Yield</b>
Walnut, broken	1 pound	3 cups
Walnut unshelled	1 pound	1 ½ to 1 ¾ cups
Onion	1 medium	½ cup
Orange	3 to 4 medium	1 cup juice
Raisins	1 pound	3 ½ cups
Rice, brown	1 cup	4 cups cooked
Rice, converted	1 cup	3 ½ cups cooked
Rice, regular	1 cup	3 cups
Rice, wild	1 cup	4 cups cooked
Sugar, brown	1 pound	2 ½ cups
Sugar, powder	1 pound	3 ½ cups
Sugar, white	1 pound	2 cups
Vanilla wafers, fine crumbs	22	1 cup

Courtesy of [www.asundaydinner.com](http://www.asundaydinner.com)