

CONVERSIONS

dry to cooked

HOW TO USE: Weigh out 100 grams of rice after cooking, then divide 100 by the conversion factor (2.39) and enter that number in Cronometer. In this case $100 / 2.39 = 41.8$ - so you'd enter 41.8 grams of dry rice in your Cronometer diary. Also note that if you weigh food immediately after cooking, you will have a little bit of "extra" weight from steam that will evaporate if you let it cool a bit

arroz rice			
amount	dry weight	cooked weight	conv. factor
1 cup	180g	430g	2.39
DETAILS: One cup with 12oz water in rice cooker			

banza pasta			
amount	dry weight	cooked weight	conv. factor
2 oz	56g	115g	2.05
DETAILS: One serving cooked in 2 cups of water for 7 minutes			

steel cut oats			
amount	dry weight	cooked weight	conv. factor
1/4 cup	40g	137g	3.43
DETAILS: One serving cooked in 6oz water for 7 minutes			

old fashioned oats			
amount	dry weight	cooked weight	conv. factor
1/2 cup	40g	215g	5.38
DETAILS: 1/2 cup with 8oz water in microwave			

quick oats			
amount	dry weight	cooked weight	conv. factor
1/2 cup	40g	245g	6.13
DETAILS: 1/2 cup with 8oz water in microwave			

quinoa			
amount	dry weight	cooked weight	conv. factor
1 cup	180g	528g	2.93
DETAILS: One cup cooked in 2 cups water 15ish minutes			

egg noodles

amount	dry weight	cooked weight	conv. factor
1 1/4 cup	56g	110g	1.96

DETAILS: One serving cooked in 19oz of water for 7 minutes

rao's rigatoni

amount	dry weight	cooked weight	conv. factor
3/4 cup	56g	106g	1.89

DETAILS: One serving cooked in 24oz of water for 11 minutes

kodiak cakes

amount	dry weight	cooked weight	conv. factor
1 cup	160g	300g	1.88

DETAILS: Water only - 327g total for batter - 81g batter for each pancake

black beans

amount	dry weight	cooked weight	conv. factor
1 cup	140g	292g	2.09

DETAILS: One cup of black beans soaked overnight & boiled in water for 45 minutes

birch benders

amount	dry weight	cooked weight	conv. factor
1 cup	140g	255g	1.82

DETAILS: One cup with 5.6oz water (about 2/3 cup)

birch benders - paleo

amount	dry weight	cooked weight	conv. factor
3/4 cup	105g	258g	2.46

DETAILS: 3/4 cup with 7.7 fl oz water (more than 2/3 cup called for on package)

sweet potato

amount	dry weight	cooked weight	conv. factor
1 item	357g	285g	0.80

DETAILS: Microwave 8 minutes wrapped in damp paper towel

potato

amount	dry weight	cooked weight	conv. factor
1 item	288g	228g	0.79

DETAILS: Microwave 7 minutes wrapped in damp paper towel