



1 cup = 250ml  
 2 cups = 500ml  
 3 cups = 750ml  
 4 cups = 1L

# How Much Will There Be?

It can be useful to know how much you will get from an ingredient once it has been prepared.

**1/2 cup**  
Rice  
uncooked



**1 1/2 cups**  
cooked

**1/2 cup**  
Pasta  
uncooked



**1 cup**  
cooked

**1 1/4 cup**  
Powdered Milk  
unmixed



**4 cups**  
mixed

**1 cup**  
Beans  
uncooked



**2-2 1/2 cups**  
cooked

**1-2**  
Bananas  
whole



**1 cup**  
mashed

**125g**  
Cheese  
whole



**1 cups**  
shredded

