

# **Protein Dictionary**

**Beans, Peas, Legumes, Nuts, Seeds**

All protein values are in grams.

## Legumes

Beans, dry, cooked 1 cup	14.4
Beans, dry, cooked, fat added in cooking 1 cup	14.4
Beans, dry, cooked, fat not added in cooking 1 cup	15.2
White beans, dry, cooked 1 cup	16
1 cup, dry, yields	43.9
1 oz dry, yield after cooking	6.2
White beans, dry, cooked, fat added in cooking 1 cup	16
1 cup, yield after cooking	44
1 oz dry, yield after cooking	6.2
White beans, dry, cooked, fat not added in cooking 1 cup	16.9
1 oz dry, yield after cooking	6.6
1 cup, dry, yield after cooking	46.3
Black, brown, or Bayo beans, dry, cooked 1 cup	11.8
1 oz dry, yield after cooking	4.5
Black, brown, or Bayo beans, dry, cooked, fat added in cooking 1 cup	11.8
1 oz dry, yield after cooking	4.5
Black, brown, or Bayo beans, dry, cooked, fat not added in cooking 1 cup	12.5
1 oz dry, yield after cooking	4.7
1 cup, dry, yield after cooking	35.1
Fava beans, cooked 1 cup	12.2
1 cup, mashed	15.9
1 oz, dry, yield after cooking	5.6
Fava beans, cooked, fat added in cooking 1 cup	12.2
1 cup, mashed	15.9
1 oz, dry, yield after cooking	5.6
Fava beans, cooked, fat not added in cooking 1 cup	12.9
1 cup, mashed	16.9
1 oz, dry, yield after cooking	6
Lima beans, dry, cooked 1 cup	13.5
1 oz dry, yield after cooking	5.2

Lima beans, dry, cooked, fat added in cooking	
1 cup	13.5
1 oz dry, yield after cooking	5.2
Lima beans, dry, cooked, fat not added in cooking	
1 cup	14.3
1 oz dry, yield after cooking	5.5
1 cup, dry, yield after cooking	39.4
Pink beans, dry, cooked	
1 cup	14.4
1 oz dry, yield after cooking	5.6
Pink beans, dry, cooked, fat not added in cooking	
1 cup	15.2
1 oz dry, yield after cooking	5.9
Pink beans, dry, cooked, fat added in cooking	
1 cup	14.4
1 oz dry, yield after cooking	5.6
Pinto, calico, or red Mexican beans, dry, cooked	
1 cup	11.6
1 oz dry, yield after cooking	4.6
1 16 oz can, drained, yields	20.7
1 oz, canned, yields	1.3
Pinto, calico, or red Mexican beans, dry, cooked, fat added in cooking	
1 cup	11.6
1 oz dry, yield after cooking	4.6
1 16 oz can, drained, yields	20.7
1 oz, canned, yields	1.3
Pinto, calico, or red Mexican beans, dry, cooked, fat not added in cooking	
1 cup	12.3
1 oz dry, yield after cooking	4.8
1 cup, dry, yield after cooking	34
1 cup, mashed	15.9
1 16 oz can, drained, yields	21.9
1 oz, canned, yields	1.3
1 cup, refried beans	15.9
Red kidney beans, dry, cooked	
1 cup	14.1
1 16 oz can, drained, yields	23.3
1 tablespoon, mashed	1.1
1 oz dry, yield after cooking	5.6
1 oz, canned, yields	1.4
Red kidney beans, dry, cooked, fat added in cooking	
1 cup	14.1
1 oz dry, yield after cooking	5.6
1 16 oz can, drained, yields	23.3
1 oz, canned, yields	1.4

Red kidney beans, dry, cooked, fat not added in cooking	
1 cup	14.8
1 cup, mashed	19.3
1 oz dry, yield after cooking	5.9
1 cup, dry, yield after cooking	38.4
1 16 oz can, drained, yields	24.7
1 oz, canned, yields	1.6
Soybeans, cooked, fat not added in cooking	
1 cup	29.8
1 oz dry, yield after cooking	10.8
Mung beans, fat not added in cooking	
1 cup	15.4
1 oz dry, yield after cooking	7
1 cup, dry, yield after cooking	54.2
Mung beans, fat added in cooking	
1 cup	14.6
1 cup, dry, yield after cooking	51.5
1 oz, dry, yield after cooking	6.6
Mung beans	
1 cup	14.6
1 cup, dry, yield after cooking	51.5
1 oz, dry, yield after cooking	6.6
Mungo beans, cooked, fat not added in cooking	
1 cup	13.6
1 oz dry, yield after cooking	5.2
Baked beans	
1 cup	14.2
Baked beans, vegetarian	
1 cup	12.1
Chili beans, barbecue beans, ranch style beans or Mexican- style beans	
1 cup	12.6
Kidney bean salad	
1 cup	12.8
Boston baked beans	
1 cup	15.4
Refried beans	
1 cup	16
Refried beans with cheese	
1 cup	18.4
1 Taco Bell Pintos 'N Cheese	9.3
Refried beans with meat	
1 cup	19.6
Bean dip, made with refried beans	
1 cup	15.4

Hummus		
1 tablespoon		0.7
1 cup		12
Black bean sauce		
1 cup		6.2
Beans and franks		
1 cup		17.5
1 small container		14.9
Beans, dry, cooked with ground beef		
1 cup		27.9
Pork and beans		
1 cup		13
1 small can		11.7
1 can (16 oz)		23.4
Beans, dry, cooked with pork		
1 cup		12.4
Falafil		
1 patty (approx 2-1/4" dia)		2.3
Bean cake		
1 cake		1.7
Stewed beans with pork, tomatoes, and chili peppers, Mexican style (Frijoles a la charra)		
1 cup		13.8
Stewed red beans, Puerto Rican style (Habichuelas coloradas guisadas)		
1 cup		10.5
Stewed dry lima beans, Puerto Rican style		
1 cup		10.3
Stewed white beans, Puerto Rican style		
1 cup		7
Stewed pink beans with white potatoes and ham, Puerto Rican style		
1 cup		10.4
Stewed pink beans with pig's feet, Puerto Rican style		
1 cup, with bone (yield after bone removed)		18.6
Stewed red beans with pig's feet, Puerto Rican style		
1 cup, with bone (yield after bone removed)		18.8
Stewed white beans with pig's feet, Puerto Rican style		
1 cup, with bone (yield after bone removed)		18.9
Stewed red beans with pig's feet and potatoes, Puerto Rican style		
1 cup, with bone (yield after bone removed)		20.9
Black beans, Cuban style (Habichuelas negras guisadas a la Cubana)		
1 cup		16.1

Baked beans, low sodium	
1 cup	12.1
Chili with beans, without meat	
1 cup	6.2
Cowpeas, dry, cooked	
1 cup	12.3
1 oz dry, yield after cooking	5.4
Cowpeas, dry, cooked, fat added in cooking	
1 cup	12.3
1 oz dry, yield after cooking	5.4
Cowpeas, dry, cooked, fat not added in cooking	
1 cup	13
1 cup, dry, yield after cooking	32.7
1 oz dry, yield after cooking	5.7
Chickpeas, dry, cooked	
1 cup	14.8
1 16 oz can, drained, yields	26.3
1 oz dry, yield after cooking	5.4
10 peas	1.4
Chickpeas, dry, cooked, fat added in cooking	
1 cup	14.8
1 16 oz can, drained, yields	26.2
1 oz dry, yield after cooking	5.4
10 peas	1.4
Chickpeas, dry, cooked, fat not added in cooking	
1 cup	15.6
1 oz dry, yield after cooking	5.7
1 16 oz can, drained, yields	27.7
1 cup, dry, yield after cooking	40.1
10 peas	1.5
Green or yellow split peas, dry, cooked, fat not added in cooking	
1 cup	16.2
1 oz dry, yield after cooking	5.9
1 cup, dry, yield after cooking	44.6
Green or yellow split peas, dry, cooked, fat added in cooking	
1 cup	15.6
1 cup, dry, yield after cooking	42.7
1 oz, dry, yield after cooking	5.7
Green or yellow split peas, dry, cooked	
1 cup	15.6
1 cup, dry, yield after cooking	42.7
1 oz, dry, yield after cooking	5.7
Stewed green peas, Puerto Rican style	
1 cup	23.3
Stewed green peas with pig's feet and potatoes, Puerto Rican style	
1 cup (yield after bone removed)	22.2

Peas, dry, cooked with pork 1 cup	15.8
Cowpeas, dry, cooked with pork 1 cup	23.6
Lentils, dry, cooked 1 cup	16.4
1 cup, dry, yield after cooking	46.5
1 oz, dry, yield after cooking	6.6
Lentils, dry, cooked, fat added in cooking 1 cup	16.4
1 cup, dry, yield after cooking	46.5
1 oz, dry, yield after cooking	6.6
Lentils, dry, cooked, fat not added in cooking 1 cup	17.1
1 oz dry, yield after cooking	6.9
1 cup, dry, yield after cooking	48.4
Loaf, lentil 1 cubic inch	1.2
1 slice (3/4" thick)	4
Stewed pigeon peas, Puerto Rican style (Gandules guisados, Gandur, Gandules) 1 cup	9.1
Stewed chickpeas, Puerto Rican style 1 cup	10
Stewed chickpeas, with potatoes, Puerto Rican style 1 cup	19
Chickpeas stewed with pig's feet, Puerto Rican style (Garbanzos guisados con patitas de cerdo) 1 cup, with bone (yield after bone removed)	18.9
1 serving (1/2 cup with 2 pieces pig's feet)	19.4
Stewed chickpeas with Spanish sausages, Puerto Rican style (Garbanzos guisados con chorizos) 1 cup	14.7
Fried chickpeas with bacon, Puerto Rican style (Garbanzos fritos con tocineta) 1 cup	13.5
Stewed blackeye peas or cowpeas, Puerto Rican style 1 cup	18.6
Papad (Indian appetizer), grilled or broiled 1 papad	2.3
Soy nuts 1 cup	32.8
1 package (4.75 oz)	47.5

Soy chips		
1 bag (1.3 oz)		9.8
Soybean curd		
1 cup (1/2" cubes)		16.2
1 cubic inch		1.2
1 piece (2-1/2" x 2-3/4" x 1")		7.9
Soybean curd cheese		
1 cup		28.1
Miso sauce		
1 cup		12.6
Miso (fermented soybean paste)		
1 cup		32.1
Natto (fermented soybean product)		
1 cup		31.2
Hoisin sauce		
1 cup		9.3
1 tablespoon		0.6
Soy sauce		
1 cup		16
1 tablespoon		1
1 individual packet		0.6
Soy sauce, reduced sodium		
1 cup		13.2
1 tablespoon		0.8
Soy yogurt		
1 cup		9.2
1 6 oz container		5.9
4 oz container, approx 1/2 cup		4
Teriyaki sauce		
1 cup		15.1
Teriyaki sauce, reduced sodium		
1 cup		15.1
1 tablespoon		0.9
Worcestershire sauce		
1 cup		0
1 tablespoon		0
Soybean curd, deep fried		
1 oz		4.9
Soybean curd, breaded, fried		
1 cubic inch		1.3
1 slice (2-3/4" x 1" x 1/2")		2.3
Soybean meal		
1 cup		42.1

Vermicelli, made from soybeans		
1 cup		0.1
Protein powder		
1 tablespoon (9.3 g)		2.9
Protein supplement, powdered		
1 Shaklee packet		32.1
3 tablespoons (1 oz)		15.8
Meal replacement or supplement, soy- and milk-base, powder, reconstituted with water		
1 cup		7.6
Protein diet powder with soy and casein		
1 tablespoon		5.6
1 serving		11.3
High protein bar, candy-like, soy and milk base		
1 bar		9.9
Textured vegetable protein, dry		
1 cup		30.9
1 cup, coarse grain		30.9
1 cup, fine grain		54.6
Meal replacement or supplement, liquid, soy-base, high protein		
1 cup		8.7
1 fl oz		1.1
Ensure with fiber, liquid		
1 cup		8.5
1 fl oz		1.1
1 can		8.5
Ensure Plus liquid nutrition		
1 cup		13
1 fl oz		1.6
1 can		13
Meal replacement or supplement, liquid, soy-based		
1 cup		8.6
1 can (12 oz)		12.9
Tofu, frozen dessert, flavors other than chocolate		
1 cup		7.4
1 fl oz		0.9
Tofu, frozen dessert, chocolate		
1 cup		5.3
1 fl oz		0.7
Beans and franks, frozen dinner		
1 serving (12 oz)		17.7
Bean soup		
1 cup		6.3

Bean with bacon or pork soup		
1 cup		7.9
1 can (11.5 oz), prepared to directions		19.2
Black bean soup		
1 cup		6
Lima bean soup		
1 cup		5
Soybean soup, made with milk		
1 cup		14
Bean soup, with macaroni and meat		
1 cup		6.5
Soybean soup, miso broth		
1 cup		6
Pinto bean soup		
1 cup		11.2
Bean soup, with macaroni		
1 cup		8.6
Portuguese bean soup		
1 cup		8.5
Bean and ham soup, chunky style		
1 cup		11.1
1 can (19.25 oz), ready-to-serve		25
Bean soup with vegetables, rice, and pork		
1 cup		9.1
1 can (10.75 oz), ready-to-serve		11.4
1 can (19 oz), ready-to-serve		20.1
Bean soup, mixed beans		
1 cup		8.4
Bean soup, home recipe		
1 cup		8.5
Bean and ham soup, canned, reduced sodium, prepared with water or ready-to-serve		
1 cup		10.4
1 Healthy Choice can (15 oz)		17.8
Bean and rice soup		
1 cup		7.7
Bean and ham soup, home recipe		
1 cup		16.7
Liquid from stewed kidney beans, Puerto Rican style		
1 cup		4.3
Chunky pea and ham soup		
1 cup		11.1

Garbanzo or chickpea soup	
1 cup	10.4
Split pea and ham soup	
1 cup	11.7
1 can (10.75 oz), prepared to directions	27.4
Split pea soup	
1 cup	8
Split pea soup, canned, reduced sodium, prepared with water or ready-to-serve	
1 cup	9.6
1 Progresso can (16 oz)	17.5
Split pea and ham soup, canned, reduced sodium, prepared with water or ready-to-serve	
1 cup	10.1
1 Campbell's can (16 oz)	18.2
Lentil soup	
1 cup	10.4
1 can (10.5 oz), ready-to-serve	12.5
White bean soup, Puerto Rican style (Sopon de habichuelas blancas)	
1 cup	7.5
Bacon strip, meatless	
1 oz, raw (yield after cooking)	1.7
1 strip	0.5
Bacon bits, meatless	
1 tablespoon	2.2
Breakfast link, pattie, or slice, meatless	
1 link	4.6
1 patty	7
1 slice	5.2
Chicken, meatless	
1 cup	39.7
Chicken, meatless, breaded, fried	
1 cup, pieces	35.8
1 cup, diced	27.7
1 cup	27.7
1 piece	7.7
Fish stick, meatless	
1 stick	6.4
Frankfurter or hot dog, meatless	
1 cup, sliced	27.5
1 frankfurter	13.7
Luncheon slice, meatless-beef, chicken, salami or turkey	
1 thin slice	2.5
1 regular slice (1 oz)	5

Meatball, meatless	
1 cup	30.2
1 meatball	3.8
Scallops, meatless, breaded, fried (made with meat substitute)	
1 cup	40.3
1 scallop	8.6
Vegetarian burger or patty, meatless, no bun	
1 cup	44.3
1 oz, raw (yield after cooking)	4.2
1 patty	11
Swiss steak, with gravy, meatless	
1 cup, with gravy	27.4
1 can (13 oz)	46.8
1 steak with gravy	11.7
Sandwich spread, meat substitute type	
1 tablespoon	1.2
Vegetarian pot pie	
1 pie	17.4
Vegetarian chili (made with meat substitute)	
1 cup	18.8
Tofu and vegetables (including carrots, broccoli, and/or dark-green leafy vegetables (no potatoes)), with soy-based sauce (mixture)	
1 cup	10.5
Tofu and vegetables (excluding carrots, broccoli, and dark-green leafy vegetables (no potatoes)), with soy-based sauce (mixture)	
1 cup	11
Vegetarian, fillet	
1 fillet	19.5
Vegetarian stew	
1 cup	42
Vegetarian stroganoff (made with meat substitute)	
1 box (3.2 oz), dry, yields	36.3
1 oz, dry, yields	10.4
1 cup, cooked	9.7
Vegetarian meat loaf or patties (meat loaf made with meat substitute)	
1 cubic inch	3.8
1 slice	11.8
Vegetarian bouillon, dry	
1 cube	0.5
Soyburger, meatless, with cheese on bun	
1 sandwich	17.5

## Nuts, Nut Butters, Nut Mixtures

Almonds	
1 cup	29.9
1 oz (22 whole kernels)	6
Almonds, unroasted	
1 cup, whole, blanched	30.8
1 cup, whole, unblanched	30.1
1 cup, slivered, blanched	26.3
1 cup, slivered, unblanched	22.9
1 cup, sliced, blanched	22.3
1 cup, sliced, unblanched	20.2
1 cup, ground	20.2
1 almond	0.3
1 cup	30.1
Almonds, roasted	
1 cup	33.3
1 oz (22 whole kernels)	6
Almonds, dry roasted (salted)	
1 cup	30.5
1 oz (22 whole kernels)	6.3
Almonds, dry roasted, without salt	
1 cup	30.5
1 oz (22 whole kernels)	6.3
Almonds, honey-roasted	
1 cup	24.5
1 oz (20 nuts)	5.3
Brazil nuts	
1 cup, shelled (32 kernels)	20
Cashew nuts	
1 cup, roasted	21.9
1 oz (18 kernels)	4.8
Cashew nuts, roasted (salted)	
1 cup	21.9
1 oz (18 kernels)	4.8
Cashew nuts, roasted, without salt	
1 cup	21.9
1 oz (18 kernels)	4.8
Cashew nuts, dry roasted	
1 cup	21
1 oz (18 kernels)	4.3
Cashew nuts, honey-roasted	
1 cup	21.1
1 oz	4.1
10 whole nuts	2.3

Chestnuts, roasted	
1 cup (17 kernels)	4.5
1 oz (3 kernels)	0.9
10 kernels	2.7
Coconut meat, fresh	
1 cup, shredded	2.7
1 medium	13.2
1 piece (2" x 2" x 1/2")	1.5
Coconut meat, dried, sweetened	
1 oz	0.9
1 cup, flaked	2.7
1 cup, shredded	2.9
Filberts, hazelnuts	
1 cup, whole	20.2
1 cup, chopped	17.2
1 cup, ground	11.2
1 cup	17.2
10 nuts	2.1
Macadamia nuts, unroasted	
1 cup, whole or halves	10.4
1 oz (11 whole kernels)	2.2
Macadamia nuts, roasted	
1 cup	10.3
1 oz (11 whole kernels)	2.2
Mixed nuts	
1 cup	23.4
1 cup, in shell, edible yield	4.3
1 oz, in shell, edible yield	2.1
10 assorted nuts, with shells, edible yield	5
10 assorted nuts, without shells	2.3
Mixed nuts, roasted, with peanuts	
1 cup	23.8
10 assorted nuts	2.3
Mixed nuts, roasted, without peanuts	
1 cup	22.3
Mixed nuts, dry roasted	
1 cup	23.7
Mixed nuts, honey-roasted, with peanuts	
1 cup	21.2
10 assorted nuts	1.5

Peanuts	
1 cup	40.9
1 cup, shelled, halves and whole	40.9
1 cup, chopped	37.3
1 oz, shelled	7.9
1 oz, in shell, edible yield	5.9
1 cup, in shell, edible yield	14.3
1 individual package (1.25 oz)	9.8
1 peanut, without shell	0.3
1 peanut in shell, edible yield	0.5
Peanuts, boiled	
1 cup, in shell, edible yield	8.5
1 cup, shelled	24.3
1 oz, in shell, edible yield	2.7
1 oz, shelled	3.8
1 cup	24.3
33 nuts	3.8
Peanuts, roasted, salted	
1 cup	40.4
1 cup, in shell, edible yield	14.3
1 cup, halves and whole	40.4
1 cup, chopped	40.4
1 oz, shelled	7.9
1 oz, in shell, edible yield	5.9
1 peanut	0.3
Peanuts, roasted, without salt	
1 cup	38.5
1 cup, in shell, edible yield	13.4
1 cup, halves and whole	38.5
1 cup, chopped	35
1 oz, shelled	7.5
1 oz, in shell, edible yield	5.5
32 nuts	7.4
Peanuts, dry roasted, salted	
1 cup	34.6
1 peanut	0.2
Peanuts, dry roasted, without salt	
1 cup	34.6
1 peanut	0.2
Peanuts, honey-roasted	
1 cup	33.3
1 oz (35 nuts)	6.9
Pecans	
1 cup	9.1
1 cup, halves	9.1
1 cup, chopped	10
1 oz (20 halves)	2.6
Pine nuts (Pignolias)	
1 cup	18.5
1 tablespoon	1.1
10 nuts	0.2

Pistachio nuts	
1 cup, shelled	27.3
1 cup, in shell, edible yield	12.4
1 cup	12.4
1 oz, in shell, edible yield	3.2
1 nut	0.1
Walnuts	
1 cup, shelled (50 halves)	15.2
1 cup, chopped	18.3
1 cup, in shell, edible yield (7 nuts)	4.3
1 cup, ground	12.2
1 oz (14 halves)	4.3
1 cup	18.3
1 nut	0.6
Walnuts, honey-roasted	
1 cup, roasted	14.4
1 oz (8 halves)	3.6
Almond butter	
1 tablespoon	2.4
Almond paste (Marzipan paste)	
1 cup, well packed	20.4
Cashew butter	
1 tablespoon	2.8
Peanut butter	
1 tablespoon	4
Peanut butter, low sodium	
1 tablespoon	4
Peanut butter, reduced sodium and reduced sugar	
1 tablespoon	3.8
Peanut butter, reduced sugar	
1 tablespoon	4
Peanut butter, reduced fat	
1 tablespoon	4.7
Peanut butter, vitamin and mineral fortified	
1 tablespoon	4.1
Peanut butter and jelly	
1 tablespoon	1.7
Peanut sauce	
1 tablespoon	1.8
1 cup	29.6
Brown nut gravy, meatless	
1 tablespoon	0.3
1 cup	5.4

Peanut butter sandwich		
1 sandwich		12.2
Peanut butter and jelly sandwich		
1 sandwich		10.3
1 Smucker's Uncrustables sandwich		6.4
Peanut butter and banana sandwich		
1 sandwich		10.3
Coconut milk (liquid expressed from grated coconut meat, water added)		
1 cup		5.5
Coconut cream (liquid expressed from grated coconut meat), canned, sweetened		
1 cup		3.5
Coconut water (liquid from coconuts)		
1 cup		1.7
1 coconut yields		1.5
Coconut water, canned or bottled		
1 cup		1.6
1 can		2.4
1 fl oz		0.2
Nut mixture with dried fruit and seeds		
1 cup		22.6
Nut mixture with seeds		
1 cup		26.5
1 oz		5.4

## Seeds, Seed Mixtures

Pumpkin and/or squash seeds, hulled, unroasted	
1 oz, hulled (142 seeds)	7
1 cup	33.9
Pumpkin and/or squash seeds, hulled, roasted, salted	
1 cup	74.8
Pumpkin and/or squash seeds, hulled, roasted, without salt	
1 cup	74.8
Sunflower seeds, hulled, unroasted	
1 cup, hulled	29.9
1 cup, with hulls, edible yield	9.6
1 oz, with hulls, edible yield	3.1
1 oz, hulled (142 seeds)	5.9
1 cup	29.9
Sunflower seeds, hulled, roasted, salted	
1 cup, hulled	27.1
1 cup, with hulls, edible yield	9.2
1 oz, with hulls, edible yield	3
1 cup	27.1
20 seeds, with hulls, edible yield	0.3
Sunflower seeds, hulled, roasted, without salt	
1 cup, hulled	27.1
1 cup, with hulls, edible yield	9.2
1 oz, with hulls, edible yield	3
1 cup	27.1
Sunflower seeds, hulled, dry roasted	
1 cup, hulled	24.7
1 cup, with hulls, edible yield	8.9
1 oz, with hulls, edible yield	2.9
1 cup	24.7
Sesame seeds	
1 cup	25.4
Sesame seeds, whole seed	
1 cup	25.5
Sesame sauce	
1 cup	11.7
Sesame paste (sesame butter made from whole seeds)	
1 tablespoon	2.7
Sesame butter (tahini) (made from kernels)	
1 tablespoon	2.5
Flax seeds	
1 cup	26.5
Psyllium seed, husks	
1 cup, husks	3
1 cup, ground	6.2

Mixed seeds  
1 cup

32.9

## Carob

Carob powder or flour		
1 cup		4.8
Carob chips		
1 cup		14.1
Carob syrup		
1 cup		2.8
1 tablespoon		0.2