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3 cups chicken to pounds

If you have a recipe that requires several cups of sugar powder, you may have doubts about what size of package you need to buy. It may be helpful to know how many cups contain one pound of powdered sugar before heading to the store. Each product we offer has been independently selected and reviewed by our editorial team. If you buy using the links included, we can earn a commission. Anyone who has ever baked someone knows the cooking involves some art and lots of science. And if you make a recipe in which the ingredients are listed by weight (grams and pounds) rather than volume (cups and spoons), because many baking recipes make more accurate measurements, mathematics also falls into the equation. To further complicate things, there is no simple conversion of 1 pound into cups for all ingredients, since each ingredient takes a different amount of space (volume) per pound of weight. If you're trying to determine how many cups there is a pound of powdered sugar (or flour, for that matter), there is another variable to consider: Is your powdered sugar sifted or unsifted? Here's what you need to know. Let your cake recipe, powdered sugar icing recipe, or every cooking recipe you use to determine whether you need to si for sugar powder. Sifting powdered sugar makes it lighter and fluffy, so you need more of its volume to reach 1 pound. With these guidelines, will you know the answer to how many cups are 1 pound powdered sugar? 1 pound = 31/2 to 4 cups unsatisected powdered sugar 1 pound = 41/2 cups sifted powdered powder The usual 32-ounce pack (2 pounds) of powdered sugar (\$2, Target) contains about 71/2 cups of sugar powder. Related: How to measure sugar (including sugar powder) Weighing ingredients eliminates measurement errors and the ability to work with inaccurate measuring cups that can damage the baked recipe. To avoid remembering (or searching for) cups up to pounds of information, a simple kitchen scale (\$50, OXO) eliminates this task and can make baking feel more like therapy (or at least make it more enjoyable). In any case, you are now ready to measure the sugar powder more accurately in any recipe. Getty Images You may want to set aside a look through your fridge this evening because there are reports that an additional 500,000 pounds of chicken may be contaminated with Salmonella. After recalling nearly 2 million pounds of frozen, raw, stuffed, and breaded chicken in July, Aspen Foods is expanding the recall after additional Salmonella tests. According to a USDA news report, the affected chicken was produced between August 25, 2015 and September 17, 2015, ideally if used before dates from August 23, 2016 to December 15, 2016. The original recall included products with the best dates, if used, as early as July 14, 2016. should check products with the following brand labels: Acclaim Antioch Farms Farms Centrella Signature Chestnut Farms Family Favorites Home Dining Selections Kirkwood Koch Foods Market Day Oven Cravers Rose Rosebud Farm Roundy's Safeway Kitchens Schwan's Shaner's Spartan Sysco All lists of potentially contaminated products can be found here and here. through TIME This content is created and maintained by a third party and imported into this page to help users submit their e-mail addresses. More information on this and similar content can be found in the piano.io Instructions Checklist Con Poulos advertisement - Continue reading below Yield: 1 serving total time: 0 hours 23 mins 2 tsp. peanut or rapeseed oil 1/2 c. chopped vidalia onion 1 1/2 cloves garlic, minced 1 1/2 c. minced ginger 1/2 c. water chestnut, drained and chopped 1 c. cut cooked without skin dark meat chicken 2 tbsp. low sodium chicken broth 1 tsp. low sodium soy sauce 2 tablespoons. rice wine vinegar 1 pinch ground black pepper 2 c. cooked brown rice 2 scallions, thinly sliced 4 bibb lettuce leaves, washed 1 tsp black sesame seeds This ingredient trading module is created and maintained by a third party and imported into this page. You can find more information about this and similar content on their website. Heat the oil in a large saute pan over a medium-low heat. Add the onions and saute for 3 minutes. Reduce the heat to low. Add garlic and ginger and stir for 1 minute. Add the water chestnuts and cook for another 1 minute. Add chicken, broth, soy sauce, vinegar and pepper, mix well. Add rice and cook for 3 minutes. Remove from heat and stir in the scallions. Divide the chicken mixture equally between the lettuce leaves. Sprinkle with sesame seeds and serve. This content is created and maintained by a third party and imported into this page so that users can provide their e-mail addresses. More information about this and similar content can be found in the piano.io advertisement - Continue reading below The time required for cooking chicken depends on the temperature used and the cooking method used. For example, roasting 7 pounds of chicken in an oven at 350 degrees Fahrenheit usually lasts from 20 to 30 minutes per pound or up to 2.5 hours. Reduce the cooking time of the chicken by increasing the heat. Cook 425 degrees Fahrenheit in 1.5-2 hours. When it is completely cooked, the juice should be clear when the skin is pierced. Specifically, check the internal temperature by placing an instant thermometer on the flesa part of the chest, where it should be at least 180 degrees Fahrenheit. Rachel Man/Photographer's Choice RF/Getty Images 5-pound bag of granulated white sugar contains approximately 11 1/4 cups. Different varieties of sugar may have more or less volume. For example, the same 5-pound bag gives 18 3/4 pastry sugar and 12 1/2 cups for brown sugar measurement. Different Different preparations will also affect the number of cups extracted from a sugar bag, such as siphon confectionery sugar or brown sugar packaging. If exact proportions are necessary and a certain recipe offers ingredient weights, a small kitchen scale can be used to determine the correct amount of sugar to add. Yuji Kotani/Photodisc/Getty Images There are about 2 cups of white rice per 1 pound. Brown rice is a little more, about 2 1/4 cups per pound. With wild rice it takes about 3 cups to equal 1 pound. The conversion from cups to pounds is not accurate, because cups are a unit of volume during cooking, and a pound is a unit of weight. Many foods are sold by weight. Virus water, significantly increases the volume and weight of rice. When preparing white rice, there is a 2-1 ratio between water and rice. Each cup of rice requires 2 cups of water at the beginning of the cooking process. Process.

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