

vanilla pudding (US) Jello-brand vanilla pudding 6-packs contain six 3½-oz. servings [100g]

➔ In the US, custard is usually called vanilla pudding.

DATES, DRIED

WITH PITS [STONES, UK]

dense & meaty dates 1 cup = about 170g;
100g = about ½–⅔ cup;
1 lb. = about 2½ cups

small, dryish dates 1 cup = about 100g [about 15 dates]

PITTED [STONED, UK]

dense & meaty dates 1 cup pitted (about 23 meaty dates) = about 135g;

100g pitted = about ¾ cup

small, dryish dates 1 cup pitted = about 90g

WITH-PITS TO PITTED

1 cup with pits = scant cup pitted (regardless of whether meaty or dryish dates)

READY-TO-EAT (REHYDRATED) 1 cup chopped = about 140g;

100g chopped = about ¾ cup

➔ The density, dryness and size of dried dates affect their weight. A cup of dense & meaty pitted dates was 135g whilst a cup of withered parched pitted dates was just 90g, so I've listed both types, above, to make you aware of this. Many American books list 1 pound of dates with pits as equalling 2½ cups; this is based on meaty dense dates so if the dates you're using are mummified and mean, use the 'dryish dates' equivalents above.