

Food item	Amount	Dry weight	unit	Cooked weight	unit	Conversion factor	Details
Arroz rice	1 cup	180	grams	430	grams	2.39	1 cup with 12oz water in rice cooker
Banza pasta	2 oz	56	grams	115	grams	2.05	One serving cooked in 2 cups of water for 7 minutes
Steel cut oats	1/4 cup	40	grams	137	grams	3.43	One serving cooked in 6oz water for 7 minutes
Old fashioned oa	1/2 cup	40	grams	215	grams	5.38	1/2 cup with 8oz water in microwave
Quick oats	1/2 cup	40	grams	245	grams	6.13	1/2 cup with 8oz water in microwave
Quinoa	1 cup	180	grams	528	grams	2.93	One cup cooked in 2 cups water 15ish minutes
Egg noodles	1 1/4 cup	56	grams	110	grams	1.96	One serving cooked in 19oz of water for 7 minutes
Rao's rigatoni	3/4 cup	56	grams	106	grams	1.89	One serving cooked in 24oz of water for 11 minutes
Kodiak cakes	1 cup	160	grams	300	grams	1.88	Water only- 327g total for batter- 81g batter for each pancake
Black beans	1 cup	140	grams	292	grams	2.09	1 cup of black beans soaked overnight and boiled in water for 45 minutes
Birch benders	1 cup	140	grams	255	grams	1.82	1 cup with 5.6oz water (about 2/3 cup)
Sweet potato		357	grams	285	grams	0.80	microwave 8 minutes wrapped in damp paper towel
Potato		288	grams	228	grams	0.79	microwave 7 minutes wrapped in damp paper towel
How to use							
If you weigh out 100 grams of rice after cooking, then you 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							