

Pasta Yields Testing Chart

When serving pasta, plan on 85g cooked pasta per person for main dishes. To prepare 4 servings, you will need 300 g of pasta, or 1/3 of a 900 g package. Use this chart to determine how much dry pasta to start with and to see the volume of cooked pasta you will end up with.

	Pkg Size	Uncooked Weight (grams)	Uncooked Weight (grams)	Uncooked Volume (cups)	Cooked Volume (cups)	Cooked Weight (grams)
Long Pastas						
Capellini	900 g	1/3 of 900 g pkg.	300 g		6 cups	945 g
Fettuccine	900 g	1/3 of 900 g pkg.	300 g		6 cups	620 g
Linguine	900 g	1/3 of 900 g pkg.	300 g		5 cups	725 g
Spaghetti	900 g	1/3 of 900 g pkg.	300 g		6 cups	780 g
Spaghettini	900 g	1/3 of 900 g pkg.	300 g		6 cups	865 g
Vermicelli	900 g	1/3 of 900 g pkg.	300 g		5 cups	690 g
Short Pastas						
Baby Shells	900 g		300 g	3 cups	6 cups	775 g
Broad Egg Noodles	375 g		300 g	7 cups	6 cups	715 g
Cavatelli	450 g		300 g	2-1/2 cups	4-1/2 cups	730 g
Farfalle (Bow Tie)	900 g		300 g	5 cups	6 cups	620 g
Fusilli	900 g		300 g	5 cups	6 cups	705 g
Gnocchi	900 g		300 g	6 cups	7 cups	705 g
Large Shells	900 g		300 g	6 cups	8 cups	610 g
Macaroni	900 g		300 g	3 cups	5 cups	675 g
Orecchiette	450 g		300 g	4 cups	6 cups	730 g
Orzo	900 g		300 g	2 cups	5 cups	935 g
Penne	900 g		300 g	3-1/2 cups	6 cups	675 g
Radiators	900 g		300 g	4 cups	6-1/2 cups	685 g
Rigatoni	900 g		300 g	5 cups	6 cups	601 g
Rotini	900 g		300 g	5 cups	6 cups	675 g
Scoobi-Do	900 g		300 g	4 cups	6 cups	620 g
Tubetti	900 g		300 g	3 cups	6 cups	735 g
Ziti	900 g		300 g	4 cups	6 cups	540 g