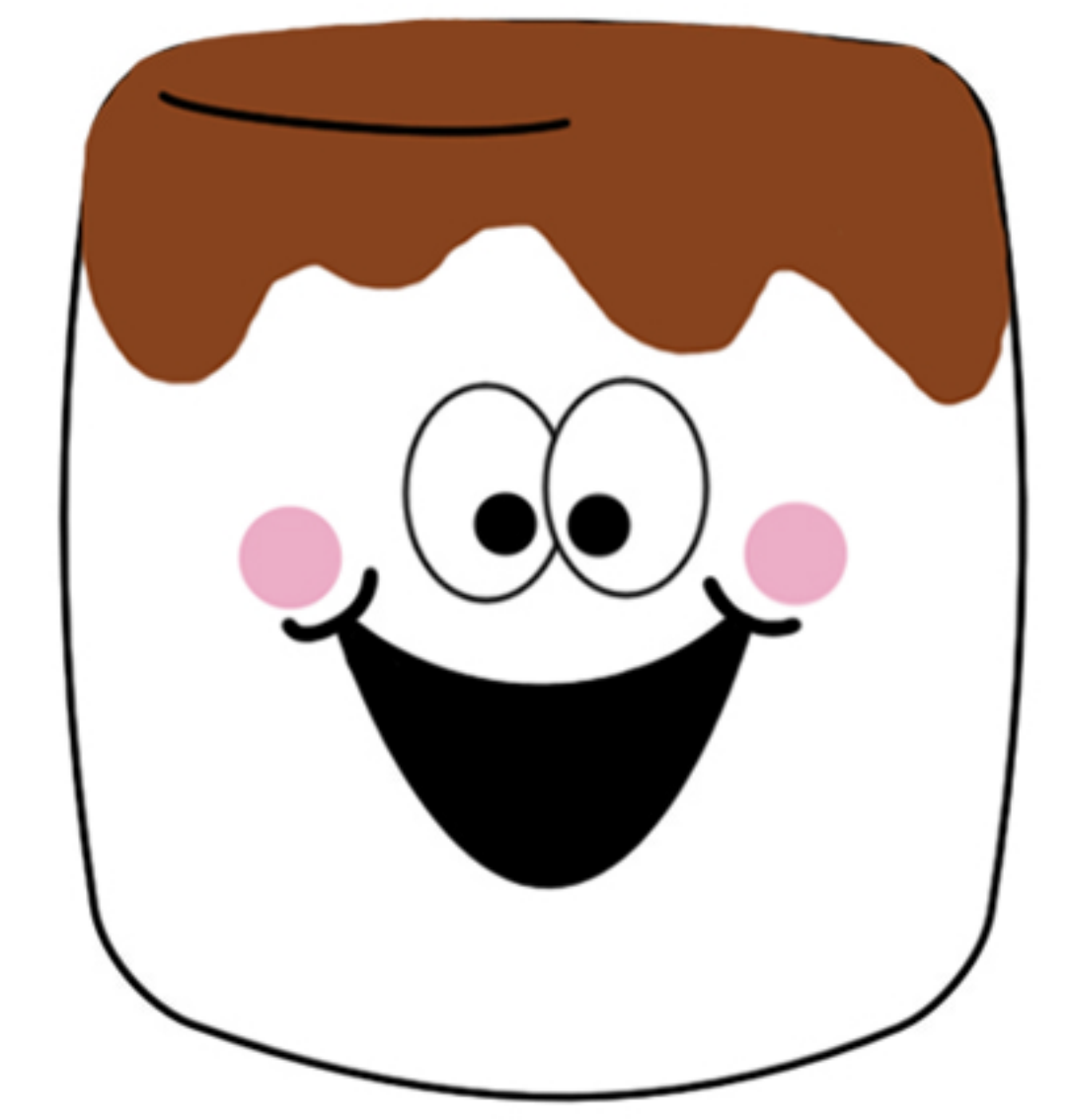


marshmallow conversion chart



It is always best to weigh marshmallows when using them in a recipe but if you need to measure them or count them use the guide below.

REGULAR MARSHMALLOWS

1 marshmallow = .23-.25 ounces
4 marshmallows = .92-1 ounce
6-7 marshmallows = 1.66 ounces (1 cup)
38-42 marshmallows = 10 ounces
61-67 marshmallows = 16 ounces

MINI MARSHMALLOWS

10-12 mini marshmallows = .25 ounces
40-48 mini marshmallows = 1 ounce
70-80 mini mallows = 1.66 ounces (1 cup)
400-480 mini mallows = 10 ounces (6 cups)
640-768 mini mallows = 16 oz. (9 2/3 cups)

S'MORES (rectangle) MARSHMALLOWS

1 s'mores marshmallow = .5 -.7 ounces
14-20 s'mores marshmallows = 10 ounces
23-32 s'mores marshmallows = 16 ounces

JUMBO MARSHMALLOWS

1 jumbo marshmallows = .92 - 1 ounce
10-11 jumbo marshmallows = 10 ounces
16-17 jumbo marshmallows = 16 ounces

Kraft Jet-Puffed Marshmallows

1 cup = 1.66 ounces = 7 regular marshmallows = 70 mini marshmallows
10 ounces = 40 regular marshmallows = 6 cups of mini marshmallows
16 ounces = 64 regular marshmallows = 9 2/3 cups of minis

Campfire Stay Puft Marshmallows

1 cup = 1.66 ounces = 7 regular marshmallows = 70 mini marshmallows
10 ounces = 40 regular marshmallows = 6 cups minis
10.5 ounce bag of minis = about 6 3/4 cups

Walmart Great Value, Target Good & Gather, and Kroger Marshmallows

1 cup = 1.66 ounces = 6-7 regular marshmallows = 76-80 minis
10 ounces = 42-43 regular marshmallows = 6 cups minis
16 ounces = 67-68 regular marshmallows = 9 2/3 cups minis

Whole Foods 365 Marshmallows

1 cup = 1.66 ounces = 6 regular marshmallows = 77 mini marshmallows
10 ounces = 38 regular marshmallows = 6 cups minis
16 ounces = 61 regular marshmallows = 9 2/3 cups minis

Vegan marshmallows are much denser and heavier.

Dandies (vegan and gluten free) Marshmallows

1.66 ounces = 4 regular marshmallows = 44 mini marshmallows (1/2 cup)
10 ounces = 26 regular marshmallows = 265 mini marshmallows (3 cups)

