Plan dessert-cup quantities for 6, 12 or 18 guests

Work out how many dessert cups and how much filling to make for 6, 12 or 18 guests. Measure one trial cup, then fill in the printable table by hand: cups per guest, spare cups, total cups, filling per cup, total filling and batches, with a worked example. The sheet also has a shopping list and a refrigerator-space check.

Planning worksheet for any dessert; complete by hand. No recipe. FigureNook did not make these desserts.

Materials

- A trial cup with its lid
- Your chosen dessert and its recipe or package yield
- Measuring cups and spoons
- Refrigerator shelf space and a tray
- Free quantity worksheet (PDF) and a pencil

1. Measure a trial cup

Fill one cup with your dessert, leaving headroom under the lid, and measure the filling you used. Write it as filling per cup.

2. Choose cups per guest and spares

Decide whether each guest gets one dessert or several small tastes, and how many spare cups you want.

3. Fill in the table

For your guest count, total cups = guests x cups per guest + spares, and total filling = total cups x filling per cup. Divide the total filling by your recipe or package yield and round up to get batches or packages. The example row shows the arithmetic for 12 guests.

4. Check refrigerator space

FigureNook guidance: set a tray of empty cups on the shelf you plan to use and count how many fit, then work out the trays you need. Keep the refrigerator at or below 40°F (FDA).

5. Label and serve

Label each tray with the dessert, its allergens and the date. FSIS says to throw away perishable food left at room temperature for more than 2 hours, or 1 hour if the temperature is over 90°F.

Important

Keep finished cups at or below 40°F (FDA). Discard them if left out more than 2 hours, or 1 hour if the temperature is over 90°F (FSIS).

Dessert-cup quantity worksheet

Quantity table

Total cups = guests x cups per guest + spares. Total filling = total cups x filling per cup.

Guests	Cups per guest	Spare cups	Total cups	Filling per cup	Total filling	Batches or packages
Example: 12	2	2	26	1/3 cup	8 2/3 cups	total ÷ yield, rounded up
6						
12						
18						

Shopping list

Item	Amount needed	Have it
		☐
		☐
		☐
		☐
		☐
		☐

Refrigerator space

Cups that fit on one tray

Trays that fit on the shelf

Trays needed = total cups / cups per tray, rounded up

Refrigerator at or below 40°F (FDA) ☐ checked

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Tips

• Copy allergens from the dessert label or recipe; FDA's nine major food allergens are milk, eggs, fish, Crustacean shellfish, tree nuts, peanuts, wheat, soybeans and sesame. FDA food allergies: https://www.fda.gov/food/nutrition-food-labeling-and-critical-foods/food-allergies

• The worked example (12 guests, 2 cups each, 2 spares, 1/3 cup filling per cup) is FigureNook arithmetic, not a recommended portion.

• Check your cups and lids for actual capacity and food-contact suitability; use suitable items you already own.

Notice

FigureNook planning worksheet, not a dessert recipe; the calculations are planning examples. The AI editorial illustration shows a concept, not a tested product or prepared dessert.

Sources

USDA FSIS: Leftovers and Food Safety (2 hours; 1 hour over 90°F)
https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety

FDA: Are You Storing Food Safely? (refrigerator at or below 40°F)
https://www.fda.gov/consumers/consumer-updates/are-you-storing-food-safely

FDA: Food Allergies (the nine major food allergens)
https://www.fda.gov/food/nutrition-food-labeling-and-critical-foods/food-allergies

Main source

USDA FSIS: Leftovers and Food Safety
https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety

Source note: Source of the 2-hour rule (1 hour if the temperature is over 90°F). It is not a dessert recipe; FDA's 40°F refrigerator advice is linked in the sources list.

Full guide: https://figurenook.com/guides/plan-dessert-cup-quantities-for-6-12-or-18-guests/