



Common Product Yields

VEGETABLES

Acorn Squash	Flesh Raw	74%	Eggplant	Trim, Pared, and Sliced	81%
Artichoke	Edible Leaves and Base	40%	Endive	Trimmed and Cored	86%
Asparagus	Trimmed Ends	80%	Fennel	Trimmed and Cored	86%
Beets	Peeled and Diced	91%	Garlic	Peeled Cloves	87%
Broccoli	Cored. Florets Only	47%	Ginger Root	Peeled Root	83-90%
Brussel Sprouts	Trim and Ready To Cook	90%	Iceberg Lettuce		62%
Butternut Squash		84%	Leek	Bulb and Flower Leaves	44%
Red & Green Cabbage	Trimmed Without Core	64%	Mushrooms		90%
Carrots		68%	Onions		63%
Cauliflower	Cored. Florets Only.	53%	Peppers		59%
Celery		60%	Potatoes	Skinned By Hand and Raw	63%
Cilantro		90%	Romaine		86%
Corn	Raw Kernals Cut Off Cob	36%	Spinach	Trimmed Leaves	72%
Cucumber	Pared and Sliced	84%	Zucchini		78%

FRUITS

Apples	Peeled and Cored	40%	Mango	Without Pit and Skin	69%
Avocado	Skin and Seeded	63%	Oranges	Pared, Flesh	44%
Banana		66%	Papayas		65%
Blackberries		96%	Peaches	Without Pit and Skin	76%
Cantaloupe	Rind and Seeded	43%	Pears	Without Pit and Skin	78%
Cherries	Flesh	62%	Pineapple	Peeled and Cored	38%
Coconut	Meat	48%	Plantains	Fully Ripe	65%
Figs	Without Stem	97%	Plums	Pitted	94%
Grapefruit	Segments Without Membrane	52%	Pomegranates	Seeded	44%
Grapes	Stems Removed	96%	Prickle Pear	Pulp	44%
Honeydew	Rind and Seeded	48%	Strawberries	Good Quality, No Stem	90%
Lemons	Juiced and Strained	36%	Tomato	Stem and Base	90%
Lime/Lemon Zest		16%	Watermelon	Rind and Seeded	52%
Limes	Juiced and Strained	47%			



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MEAT

Beef	Chuck	85%	Lamb	Breast And Flank	89%
	Flank	90%		Chop	75%
	Flap Meat	80%		Foreleg	70%
	Inside Round	65%		Loin	89%
	Neck	75%		Rib	81%
	Rib Chop	83%		Shoulder	86%
	Rump	79%	Pork	Bacon	93%
	Shank Hind	43%		Butt Boneless	85%
	Shank Fore	61%		Chop	75%
	Shoulder Clod	75%		Ham	85%
	Short Ribs	68%		Picnic	81%
	Sirloin Butt	70%		Shoulder	84%
	Sirloin Top Full Cut	71%		Tender	95%
	Steak Club	83%	Veal	Chuck	80%
	Steak Porterhouse	91%		Flank	99%
	Steak T-Bone	88%		Fore Shank	52%
	Tender PSMO	75%		Leg, Boned and Trimmed	68%
Cut Steak	Ribeye Steak Lip Off	72%		Loin	83%
	Ribeye Steak Lip On	78%		Plate	79%
	Strip Steak Center Cut	50%		Rib	77%
	Strip Steak End Cut	63%		Round	77%
	Top Butt Steak Cap On	52%			
	Top Butt Steak Center Cut	38%			
	Peeled Tenderloin	52%			
	Peeled Tenderloin c/c	38%			



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POULTRY AND FISH

Game Hen	With Neck and Giblets	91%	Bass	Without Skin Filet	59%
	Breast Skin On	74%	Clams	Edible Portion	15%
Chicken	Broiler/Fryer Without Neck/Giblets	89%	Cod	Filet Without Skin	30%
	Drum	63%	Crab	Blue From Shell	17%
	Thighs	70%		Dungeness From Shell	27%
	Wings	50%		King From Shell	25%
	Breast	87%	Crawfish	Tail	12%
	Breast Quarter	75%		Back	23%
	Drum	69%	Flounder	Filet Without Skin	41%
	Leg	75%	Frog Legs	Flesh	65%
	Leg Quarter	71%	Halibut	Filet Without Skin	59%
	Thigh	82%	Trout	Filet Without Skin	59%
Duck	Dressed	88%	Lobster	Meat Body Claw Tail	28%
	Legs	24%	Oyster	Meat and Liquor	18%
	Wings	11%	Snapper	Filet With Skin	73%
Turkey	Whole, Dressed	90%	Salmon	Meat Boneless Raw	88%
Venison	Loin Chop	75%	Shrimp	Cleaned Without Shell	81%



Weight and Volume Cross Reference Resources...

<http://www.kingarthurfLOUR.com/recipe/master-weight-chart.html> - chart on website - see sample

ITEM	MEASUREMENT	OUNCES
6-Grain Flakes	1 cup	3 3/8
Almond flour, toasted	1 cup	3 3/8
Almonds, sliced	1/2 cup	1 1/2
Almonds, slivered	1/2 cup	2
Almond paste, packed	1 cup	9 1/8
Almonds, whole unblanched	1 cup	5
Amaranth flour	1 cup	3 5/8
Ancient Grains	1 cup	4 5/8
Apples, dried, diced	1 cup	3
Apples, peeled, sliced	1 cup	4
Apricots, dried, diced	1/2 cup	2 1/4
Baking powder	1 teaspoon	5 grams
	1 tablespoon	1/2

http://www.onlineconversion.com/weight_volume_cooking.htm - interactive web site - see sample

Welcome to OnlineConversion.com
Weight to Volume Cooking Converter

Choose a substance from the list, or enter a density.

Substance	Density
<div style="border: 1px solid black; padding: 2px;"> <p>Apricot nectar, canned</p> <p>Apricots, dehydrated</p> <p>Apricots, frozen, sweetened</p> <p>Artichokes</p> <p>Arugula, raw</p> <p>Asparagus, canned</p> <p>Asparagus, raw</p> <p>Baked beans, canned</p> <p>Baking soda (sodium bicarbonate), average</p> <p>Baking soda (sodium bicarbonate), compacted</p> </div>	<input style="width: 50px;" type="text" value="0.566"/> <input type="text" value="g/cm³"/>

Items are generally listed by category first.
For example, "corn oil" is under "oil, corn", "pecans" are under "Nuts, pecans", etc.

Convert what quantity?:

From this

pint [US, dry]

pound

quart [UK]

quart [US]

quart [US, dry]

Tablespoon [UK]

Tablespoon [US]

To this

cubic centimeter

cubic meter

cubic foot

cubic inch

cup [US]

gallon [UK]

gallon [US]

Result: (Rounded to 3 decimal places)



<http://www.nutrition411.com/food-service/food-preparation/item/186-size-and-volume-equivalents-scoops-cans-and-steam-table-pans>

Chart on website – see sample

Scoop Number*	Measure	Weight in Fluid Ounces (fl oz)
2	16 Tablespoons [Tbsp] or 1 cup (C)	8 fluid ounces (fl oz)
4	12 Tbsp (¾ C)	6.4 fl oz
6	10 Tbsp (⅔ C)	6 fl oz
8	8 Tbsp (½ C)	4 fl oz
10	6 Tbsp (⅓ C)	3.2 fl oz
12	5 Tbsp (⅖ C)	2.6 fl oz
16	4 Tbsp (¼ C)	2.0 fl oz

Other sites....that may be helpful.

- <http://www.cooking-with-us.com/spicemeasurement.php#>
- http://www.cooking-with-us.com/_files/Image/veggie%20cup%20measure.pdf
- <http://www.durkeefoodservice.com/spice101.html#volume>
- <http://www.chefs-resources.com/DrySpiceYields>
- <http://www.chefs-resources.com/CanSizes>
- <http://www.chefs-resources.com/ProduceYields>
- <http://www.kingarthurflour.com/recipe/master-weight-chart.html>
- <http://www.angelfire.com/bc/incredible/weightmeasure.html>
- <http://www.mealtime.org/uploadedFiles/Mealtime/Content/10ozyield.pdf>
- <http://www.gourmetsleuth.com/cooking-conversions.aspx>



Drained Weight of Common #10 Canned Products

Item	Drained Weight in Ounces
Almond Paste	104
Apples, sliced or pieces	96
Apricots, halves or slices in syrup	62 (108 count)
Apricots, halves or slices in juice	64 (108 count)
Apricots, whole peeled in syrup	62 (55 count)
Apricots, whole peeled in juice	62 (55 count)
Artichoke Hearts	70 (120 count)
Asparagus, center cut and tips	64 (108 count)
Bamboo Shoots, sliced	65
Beans, Garbanzo	68
Beans, Green, 1.5"-cut	60
Beans, Green, French-cut	59
Beans, Green, whole	57.5
Beans, Kidney	75
Beans, Lima	72
Beans, White	75
Beans, Pinto	68
Beans, Refried	104
Beets, diced	72
Beets, sliced	70
Beets, whole, size 1-3	69 (about 150 count)
Beets, whole, size 4-6	68 (about 100 count)

Item	Drained Weight in Ounces
Hominy, whole (Posole)	74
Kale, Whole Leaf	62
Loganberries, in light syrup	60
Jalapeño Peppers, sliced	80
Jalapeño Peppers, whole	90
Mandarin Oranges	74
Mushrooms, slices and pieces	61
Mushrooms, whole button	68
Olives, ripe chopped	90
Olives, ripe, sliced or wedges	55
Olives, ripe, pitted, jumbo & larger	49
Olives, ripe, pitted, extra-large & smaller	51
Onions, whole, 100-199 count (small)	63
Onions, whole, 200+ count (tiny)	64
Onions, whole, 80-90 count (medium)	60
Peaches, halves or slices	66
Pears, halves or slices	65
Pears, diced	70
Peas, black-eyed	72
Peas, green	70
Peas and Carrots	71
Pimentos, sliced, halves or whole	71



Drained Weight of Common #10 Canned Products (cont.)

Blackberries, heavy-pack	70
Blackberries, regular-pack	55
Blueberries	79
Cabbage, red	75
Carrots, diced	72
Carrots, sliced	68
Carrots, whole, extra-small	68
Cherries, red tart, pitted	71
Cherries, sweet, pitted	67
Cherries, sweet, unpitted	70
Chilies, diced green	81
Collard Greens	62
Corn, whole kernel	71
Cranberry Sauce, whole-berry	104
Figs, 70 count or less	63
Fruit Cocktail	72
Gooseberries	75
Grapes, seedless	62

Pineapple Chunks	66
Pineapple, crushed, solid-pack	85
Pineapple, crushed, in syrup	70
Plums, whole or halves	60
Potatoes, white, diced	76
Potatoes, white, sliced	75
Potatoes, white, whole	74
Prunes	70
Raspberries, in water	60
Raspberries, in syrup	53
Sauerkraut	80
Spinach	59
Strawberries, in syrup	74
Sweet Potatoes or Yams	73
Tomatoes, whole peeled	64
Tomatoes, diced	56
Water Chestnuts, sliced	40
Water Chestnuts, whole	35

Sources: Canned Food Alliance – www.mealtime.org
 King Arthur Flour Company, Inc – www.kingarthurfour.com
 Chef's Resources – www.chef-resources.com