



# Produce Yield Chart

## Vegetables

| Commodity    | Pack/Size & Count Per Case | Gross Weight (with packaging) | Net Weight (no packaging) | Application                       | Prep. Time (minutes)       | Yield (in pieces) | Yield (in weight) | % Yield (based on weight) |
|--------------|----------------------------|-------------------------------|---------------------------|-----------------------------------|----------------------------|-------------------|-------------------|---------------------------|
| Asparagus    | Small                      | 15 LB                         | 13 LB                     | Whole, trimmed                    | 12                         | 429               | 8 LB              | 62%                       |
|              | Standard                   | 15 LB                         | 13 LB                     | Whole, trimmed                    | 10.5                       | 338               | 8 LB              | 62%                       |
|              | Large                      | 15 LB                         | 13 LB                     | Whole, trimmed                    | 8                          | 195               | 8 LB              | 62%                       |
|              | Jumbo                      | 15 LB                         | 13 LB                     | Whole, trimmed                    | 6.5                        | 117               | 8 LB              | 62%                       |
| Bell Pepper  | Large - 65 peppers         | 26 LB                         | 24 LB 4 OZ                | Diced                             | 36                         | N/A               | 19 LB 12 OZ       | 81%                       |
|              | Medium - 84 peppers        | 23 LB 10 OZ                   | 21 LB 10 OZ               | Diced                             | 36                         | N/A               | 18 LB             | 83%                       |
|              | Large - 65 peppers         | 26 LB                         | 24 LB 4 OZ                | Sliced (machine)                  | 16 (machine)               | N/A               | 19 LB 8 OZ        | 80%                       |
|              | Medium - 84 peppers        | 23 LB 10 OZ                   | 21 LB 10 OZ               | Sliced (machine)                  | 20 (machine)               | N/A               | 17 LB 8 OZ        | 81%                       |
| Broccoli     | 20 LB iced crown           | 23 LB 8 OZ                    | 20 LB 8 OZ                | Floret                            | 17                         | N/A               | 20 LB 8 OZ        | 100%                      |
|              | 20 LB - 14s - iced         | 23 LB                         | 20 LB                     | Floret                            | 11                         | N/A               | 13 LB 8 OZ        | 68%                       |
| Cabbage      | 50 LB 24 heads             | 51 LB 4 OZ                    | 49 LB                     | Shred                             | 26 (machine);<br>65 (hand) | N/A               | 39 LB 4 OZ        | 80%                       |
| Carrots      | 50 LB (7/8"-1 3/8" diam)   | 52 LB                         | 50 LB                     | Shred (machine)                   | 82 (machine)               | N/A               | 28 LB             | 56%                       |
|              | 50 LB (7/8"-1 3/8" diam)   | 52 LB                         | 50 LB                     | Coin (machine)                    | 85 (machine)               | --                | 26 LB             | 52%                       |
|              | 50 LB (1 1/2"-2" diam)     | 52 LB                         | 50 LB                     | Stick                             | 90                         | 644 sticks        | 20 LB             | 40%                       |
| Cauliflower  | 12 count                   | 30 LB 8 OZ                    | 28 LB 4 OZ                | Floret                            | 19                         | 261 florets       | 17 LB 7 OZ        | 62%                       |
| Celery       | 24 count                   | 57 LB                         | 54 LB                     | Split stick                       | 40                         | 1,006 sticks      | 44 LB 10 OZ       | 82%                       |
|              | 30 count                   | 59 LB 12 OZ                   | 57 LB                     | Split stick                       | 40                         | 1,262 sticks      | 43 LB 8 OZ        | 76%                       |
|              | 30 count                   | 59 LB 12 OZ                   | 57 LB                     | Diced                             | 60                         | N/A               | 44 LB 8 OZ        | 78%                       |
|              | 36 count                   | 54 LB                         | 51 LB 4 OZ                | Split stick                       | 40                         | 1,388 sticks      | 39 LB 8 OZ        | 77%                       |
|              | 36 count                   | 54 LB                         | 51 LB 4 OZ                | Diced                             | 60                         | N/A               | 40 LB 12 OZ       | 80%                       |
| Cucumber     | 36 count                   | 27 LB 4 OZ                    | 25 LB 12 OZ               | Slice (machine),<br>peeled (hand) | 20                         | 976 slices        | 23 LB 5 OZ        | 91%                       |
|              | 50 LB                      | 44 LB                         | 42 LB 8 OZ                | Slice, peeled                     | 44                         | 3,250 slices      | 38 LB 8 OZ        | 91%                       |
| Green Onions | 4 doz bunches (48 count)   | 11 LB 12 OZ                   | 10 LB 4 OZ                | Diced                             | 24                         | N/A               | 8 LB 8 OZ         | 83%                       |



Sources: Produce Marketing Association, Markon Cooperative, Inc.

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|-----------------------|------------------------------|-------------------------------|---------------------------|-----------------------------|----------------------|-------------------|-------------------|---------------------------|
| Iceberg Lettuce       | 24 count                     | 54 LB 8 OZ                    | 51 LB 12 OZ               | Chopped                     | 20                   | N/A               | 33 LB 8 OZ        | 65%                       |
|                       | 24 count palletized          | 48 LB 12 OZ                   | 45 LB 12 OZ               | Chopped                     | 18                   | N/A               | 34 LB             | 74%                       |
|                       | Four 6-count bags            | 33 LB 4 OZ                    | 30 LB 12 OZ               | Chopped                     | 17                   | N/A               | 25 LB 12 OZ       | 84%                       |
| Romaine Lettuce       | 24 count                     | 41 LB 8 OZ                    | 39 LB 8 OZ                | Plate garnish or sandwiches | 42.5                 | 660 leaves        | 23 LB             | 58%                       |
|                       | 24 count                     | 43 LB 4 OZ                    | 41 LB 4 OZ                | Salad                       | 45                   | N/A               | 26 LB             | 63%                       |
| Green Leaf Lettuce    | 24 count                     | 25 LB 8 OZ                    | 22 LB                     | Plate garnish or sandwiches | 29.5                 | 396 leaves        | 16 LB 8 OZ        | 75%                       |
|                       | 24 count                     | 25 LB 8 OZ                    | 22 LB                     | Salad                       | 25                   | N/A               | 17 LB             | 77%                       |
| Mushrooms             | 10 LB large                  | 11 LB                         | 10 LB 4 OZ                | Whole (stemmed)             | N/A                  | 134 pieces        | 9 LB 8 OZ         | 93%                       |
|                       | 10 LB medium                 | 11 LB                         | 10 LB 4 OZ                | Whole (stemmed)             | N/A                  | 273 pieces        | 9 LB 8 OZ         | 93%                       |
|                       | 10 LB small (button)         | 11 LB                         | 10 LB                     | Whole                       | N/A                  | 600 pieces        | 9 LB 12 OZ        | 98%                       |
| Mushrooms, Portabella | 1 case                       | 6 LB 8 OZ                     | 5 LB 4 OZ                 | Stemmed                     | 4                    | 17 pieces         | 4 LB 8 OZ         | 86%                       |
| Onions, Yellow No. 1  | 50 LB Jumbo<br>45 onions/bag | 51 LB 4 OZ                    | 50 LB 12 OZ               | Sliced                      | 43                   | 680 slices        | 42 LB 8 OZ        | 84%                       |
|                       | 50 LB Jumbo<br>45 onions/bag | 51 LB 4 OZ                    | 50 LB 12 OZ               | Diced                       | 59.5                 | N/A               | 46 LB             | 91%                       |
| Onions, Yellow No. 2  | 50 LB<br>42 onions/bag       | 52 LB                         | 51 LB 8 OZ                | Sliced                      | 41                   | 528 slices        | 33 LB             | 64%                       |
|                       | 50 LB<br>44 onions/bag       | 51 LB                         | 50 LB 8 OZ                | Diced                       | 58                   | N/A               | 29 LB 10 OZ       | 59%                       |
| Squash, Zucchini      | Extra Fancy                  | 25 LB 12 OZ                   | 24 LB                     | Sliced                      | 20                   | N/A               | 22 LB 12 OZ       | 95%                       |
|                       | Medium                       | 27 LB                         | 25 LB 4 OZ                | Sliced                      | 23                   | N/A               | 23 LB 8 OZ        | 93%                       |

**NOTE:**

Gross weights may vary for items of the same pack size or count (e.g., Iceberg, Romaine, Green Leaf) because head size, density and water content change with the growing area, field conditions and weather.

Counts for items packed by volume (e.g., 50-LB onions) may vary based on product size.



Sources: Produce Marketing Association, Markon Cooperative, Inc.

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# Produce Yield Chart

## Fruit

| Commodity       | Pack/Size & Count Per Case | Gross Weight (with packaging) | Net Weight (no packaging) | Application               | Prep. Time (minutes) | Yield (in pieces) | Yield (in weight) | % Yield (based on weight) |
|-----------------|----------------------------|-------------------------------|---------------------------|---------------------------|----------------------|-------------------|-------------------|---------------------------|
| Avocados, Hass  | 48 count                   | 23 LB 8 OZ                    | 21 LB 12 OZ               | Pulp                      | 18                   | N/A               | 14 LB 8 OZ        | 67%                       |
|                 | 60 count                   | 24 LB 12 OZ                   | 23 LB 3 OZ                | Pulp                      | 20                   | N/A               | 15 LB 4 OZ        | 66%                       |
|                 | 70 count                   | 25 LB 12 OZ                   | 24 LB                     | Pulp                      | 21                   | N/A               | 16 LB             | 67%                       |
| Bananas, Yellow | 40 LB box                  | 42 LB                         | 39 LB 4 OZ                | Whole, peeled             | 10.5                 | 101 bananas       | 26 LB             | 66%                       |
|                 | Foodservice/singles        | 43 LB                         | 39 LB 4 OZ                | Whole, peeled             | 15                   | 150 bananas       | 22 LB 4 OZ        | 56%                       |
|                 | 40 LB box                  | 42 LB                         | 39 LB 4 OZ                | Slice                     | 20                   | 1,020 slices      | 26 LB 8 OZ        | 68%                       |
|                 | Foodservice/singles        | 43 LB                         | 39 LB 4 OZ                | Slice                     | 30                   | 1,036 slices      | 20 LB 8 OZ        | 52%                       |
| Blackberries    | Flat/12 pints              | 6 LB                          | 5 LB                      | Each                      | None                 | 309 berries       | 5 LB              | 100%                      |
| Blueberries     | Flat/12 pints              | 5 LB 8 OZ                     | 4 LB 8 OZ                 | Each                      | None                 | 1,638 berries     | 4 LB 4 OZ         | 94%                       |
| Cantaloupe      | 12 count                   | 36 LB 8 OZ                    | 34 LB 6 OZ                | Slice (with rind)         | 22                   | 96 slices         | 31 LB             | 90%                       |
|                 | 15 count                   | 38 LB 8 OZ                    | 36 LB 4 OZ                | Slice (with rind)         | 28.5                 | 120 slices        | 32 LB 4 OZ        | 89%                       |
|                 | 18 count                   | 34 LB 8 OZ                    | 32 LB 4 OZ                | Slice (with rind)         | 34                   | 156 slices        | 29 LB 4 OZ        | 91%                       |
|                 | 12 count                   | 36 LB 8 OZ                    | 35 LB 6 OZ                | Chunk                     | 28                   | 600 pieces        | 24 LB 4 OZ        | 69%                       |
|                 | 15 count                   | 38 LB 8 OZ                    | 36 LB 4 OZ                | Chunk                     | 37.5                 | 532 pieces        | 27 LB             | 74%                       |
|                 | 18 count                   | 34 LB 8 OZ                    | 32 LB 4 OZ                | Chunk                     | 40                   | 468 pieces        | 23 LB             | 71%                       |
| Grapes          | 18-22 LB                   | 20 LB                         | 17 LB 8 OZ                | Loose                     | 11.5                 | 67 3-5 OZ bunches | 16 LB 12 OZ       | 96%                       |
|                 | Foodservice bunch          | 23 LB 8 OZ                    | 21 LB 4 OZ                | Bunch                     | --                   | 137 bunches       | 20 LB             | 94%                       |
| Honeydew        | 6 count                    | 25 LB 4 OZ                    | 23 LB                     | Slice                     | 6.5                  | 48 slices         | 21 LB 8 OZ        | 93%                       |
|                 | 8 count                    | 28 LB 4 OZ                    | 25 LB 8 OZ                | Slice                     | 6                    | 64 slices         | 23 LB 8 OZ        | 92%                       |
|                 | 6 count                    | 25 LB 4 OZ                    | 23 LB                     | Chunk                     | 11                   | 816 pieces        | 15 LB 8 OZ        | 67%                       |
|                 | 8 count                    | 27 LB 8 OZ                    | 25 LB                     | Chunk                     | 12                   | 896 pieces        | 16 LB 8 OZ        | 66%                       |
| Kiwifruit       | 36 count                   | 6 LB 12 OZ                    | 6 LB 4 OZ                 | Slice (trimmed & skinned) | 19.5                 | 216 slices        | 4 LB 8 OZ         | 72%                       |



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|----------------------------|----------------------------|-------------------------------|---------------------------|---------------|----------------------|-------------------|-------------------|---------------------------|
| Lemons                     | 115 count                  | 38 LB 4 OZ                    | 36 LB 12 OZ               | Wedge         | 60                   | 928 wedges        | 35 LB 8 OZ        | 97%                       |
|                            | 140 count                  | 36 LB                         | 33 LB                     | Wedge         | 66                   | 1,032 wedges      | 30 LB 8 OZ        | 92%                       |
|                            | 165 count                  | 37 LB                         | 35 LB                     | Wedge         | 82                   | 1,320 wedges      | 31 LB             | 89%                       |
|                            | 200 count                  | 41 LB                         | 39 LB                     | Wedge         | 92                   | 1,608 wedges      | 35 LB             | 90%                       |
|                            | 115 count                  | 38 LB 4 OZ                    | 36 LB 12 OZ               | Slice         | 30                   | 696 slices        | 27 LB             | 73%                       |
|                            | 140 count                  | 36 LB                         | 33 LB                     | Slice         | 40                   | 902 slices        | 25 LB 8 OZ        | 77%                       |
|                            | 165 count                  | 37 LB                         | 35 LB                     | Slice         | 40                   | 1,154 slices      | 26 LB             | 74%                       |
|                            | 200 count                  | 41 LB                         | 39 LB                     | Slice         | 50                   | 1,406 slices      | 29 LB             | 74%                       |
| Limes                      | 48                         | 10 LB                         | 9 LB 7 OZ                 | Wedge         | 8.6                  | 384 wedges        | 7 LB              | 74%                       |
|                            | 200                        | 39 LB 4 OZ                    | 36 LB 8 OZ                | Wedge         | 34.5                 | 1,616 wedges      | 33 LB 4 OZ        | 91%                       |
|                            | 250                        | 37 LB 8 OZ                    | 35 LB 4 OZ                | Wedge         | 37.5                 | 1,882 wedges      | 32 LB             | 91%                       |
| Mango                      | 10 count                   | 10 LB                         | 9 LB 4 OZ                 | Slice         | 25                   | 170 slices        | 6 LB 4 OZ         | 68%                       |
|                            | 10 count                   | 10 LB 4 OZ                    | 9 LB 6 OZ                 | Chunk         | 22                   | 440 chunks        | 6 LB              | 64%                       |
| Oranges, Navel or Valencia | 88 count                   | 43 LB                         | 40 LB                     | Wedge, peeled | 37                   | 953 wedges        | 24 LB 6 OZ        | 61%                       |
|                            | 113 count                  | 40 LB 4 OZ                    | 37 LB 4 OZ                | Wedge, peeled | 30                   | 939 wedges        | 23 LB 8 OZ        | 63%                       |
| Papaya                     | 9 count                    | 10 LB 8 OZ                    | 9 LB 4 OZ                 | Slice         | 21                   | 216 slices        | 6 LB              | 65%                       |
|                            | 11 count                   | 11 LB 4 OZ                    | 10 LB 2 OZ                | Chunk         | 35                   | 550 chunks        | 6 LB 4 OZ         | 62%                       |
| Pineapples                 | 6 count single layer       | 22 LB                         | 20 LB                     | Ring          | 30                   | 36 rings          | 10 LB 8 OZ        | 52%                       |
|                            | 6 count single layer       | 22 LB                         | 20 LB                     | Chunk         | 30                   | 432 chunks        | 11 LB 4 OZ        | 56%                       |
|                            | 8 count double layer       | 45 LB 8 OZ                    | 42 LB 4 OZ                | Chunk         | 31                   | --                | 21 LB 8 OZ        | 51%                       |
|                            | 10 count double layer      | 45 LB 8 OZ                    | 42 LB 4 OZ                | Chunk         | 33                   | --                | 19 LB 4 OZ        | 46%                       |
|                            | 12 count double layer      | 39 LB                         | 35 LB 12 OZ               | Ring          | 36                   | --                | 15 LB 8 OZ        | 43%                       |
|                            | 12 count double layer      | 39 LB                         | 35 LB 12 OZ               | Chunk         | 41                   | --                | 15 LB 8 OZ        | 43%                       |
|                            | 14 count double layer      | 37 LB 12 OZ                   | 34 LB 8 OZ                | Ring          | 44                   | 168 rings         | 15 LB 12 OZ       | 46%                       |
|                            | 14 count double layer      | 37 LB 12 OZ                   | 34 LB 8 OZ                | Chunk         | 50                   | 784 chunks        | 16 LB             | 46%                       |
| Raspberries                | flat                       | 5 LB 5 OZ                     | 4 LB 6 OZ                 | Whole         | None                 | 528 berries       | 4 LB 6 OZ         | 100%                      |
| Strawberries               | flat                       | 11 LB 12 OZ                   | 10 LB 12 OZ               | Whole         | None                 | 233 berries       | 10 LB 2 OZ        | 94%                       |
|                            | flat                       | 11 LB 12 OZ                   | 10 LB 12 OZ               | Slice         | 20                   | --                | 10 LB 2 OZ        | 94%                       |



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|--------------------------|----------------------------|-------------------------------|---------------------------|-------------|----------------------|---------------------------------|-------------------|---------------------------|
| Tomatoes, Mature Green** | 20 LB 4x5                  | 22 LB                         | 20 LB                     | Slice       | 13                   | 360 slices<br>avg. diam.: 3.25" | 16 LB             | 80%                       |
|                          | 20 LB 5x5                  | 22 LB                         | 20 LB                     | Slice       | 13                   | 400 slices<br>avg. diam.: 3.00" | 16 LB             | 80%                       |
|                          | 20 LB 5x6                  | 22 LB                         | 20 LB                     | Slice       | 13                   | 420 slices<br>avg. diam.: 2.75" | 15 LB 8 OZ        | 78%                       |
|                          | 25 LB 6x6 large            | 27 LB                         | 25 LB                     | Slice       | 16                   | 495 slices<br>avg. diam.: 2.5"  | 20 LB 8 OZ        | 82%                       |
|                          | 25 LB 6x7 medium           | 27 LB                         | 25 LB                     | Slice       | 17                   | 472 slices<br>avg. diam.: 2.25" | 20 LB             | 80%                       |
| Tomatoes, Roma           | 25 LB                      | 27 LB                         | 25 LB                     | Slice       | 27                   | 321 slices                      | 22 LB 8 OZ        | 90%                       |
| Watermelon, Seeded       | 1 count                    | 24 LB 2 OZ                    | 22 LB 6 OZ                | Wedge       | 4                    | 36 wedges                       | 21 LB 1 OZ        | 94%                       |
|                          | 1 count                    | 23 LB 8 OZ                    | 21 LB 12 OZ               | Chunk       | 7.25                 | 100 chunks                      | 13 LB 2 OZ        | 60%                       |
| Watermelon, Seedless     | 1 count                    | 15 LB 7 OZ                    | 13 LB 12 OZ               | Wedge       | 3                    | 30 wedges                       | 13 LB 6 OZ        | 97%                       |
|                          | 1 count                    | 15 LB 8 OZ                    | 13 LB 9 OZ                | Chunk       | 4.25                 | 126 chunks                      | 9 LB 4 OZ         | 68%                       |

\*\*Bulk tomato packs have a wider range of sizing and typically have a net weight of approximately 25 LB. Three-layer packs will have a net weight of up to 30 LB. Yields for these packs need to be increased according to their net weight.



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