



# 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); 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), 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.

markon.com





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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 45 onions/bag	51 LB 4 OZ	50 LB 12 OZ	Sliced	43	680 slices	42 LB 8 OZ	84%
	50 LB Jumbo 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 42 onions/bag	52 LB	51 LB 8 OZ	Sliced	41	528 slices	33 LB	64%
	50 LB 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.



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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 avg. diam.: 3.25"	16 LB	80%
	20 LB 5x5	22 LB	20 LB	Slice	13	400 slices avg. diam.: 3.00"	16 LB	80%
	20 LB 5x6	22 LB	20 LB	Slice	13	420 slices avg. diam.: 2.75"	15 LB 8 OZ	78%
	25 LB 6x6 large	27 LB	25 LB	Slice	16	495 slices avg. diam.: 2.5"	20 LB 8 OZ	82%
	25 LB 6x7 medium	27 LB	25 LB	Slice	17	472 slices 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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