

Common Produce Yield % – from “On Cooking” and own experience

(On Cooking, A Textbook of Culinary Fundamentals, Fourth Canadian Edition, Labesky, Hause, Malley, Bevan, Sicoli, ISBN-13: 978-0-13-158821-9, Pearson Education Canada, www.pearsoned.ca)

All Yield percentages are approximate – Please note changes based on your own experience.

Yield for Meat, Poultry, Game and Fish cannot easily established: Some factors influencing yield; quality purchased, the applied method of trimming and boning as well as pre-cooking preparation methods and the method of cooking. Please use the “BasicYieldExamplesWeb.xls” in the download section.

If you like to add or change information please contact exactly@rogers.com Thank you

Apples, peeled, cored	75% - 80%	Artichoke (Globe, Jerusalem), partially	80% trimmed – fully trimmed 48%
Apricots	94%	Avocados	75%
Asparagus, green	60%	Asparagus, white	55%
Bananas, peeled	70%	Beans, green, wax	88%
Beans, Lima	40%	Beets, red, yellow	40% – 45%
Berries	95%	Cherries	82%
Broccoli	65 – 70%	Brussels’ sprout	80%
Cabbage, green, red	79%	Carrot, large	78%
Carrots, small	80%	Cauliflower	55% - 60%
Celery	75%	Celeriac, Celery root	75%
Corn on the cob, in husk	28%	Cucumber, slicing	75% - 95% (peeling)
Eggplant	80% - 90% (peeling)	Garlic	88%
Grapefruit	45%	Grapes	90%
Kiwi	80%	Lemons, Limes	45% - 90%
Kohlrabi	55%	Leeks	50%
Lettuce	75%	Mango, pitted, peeled	50%
Melons	55%	Nectarines	86%
Mushroom(s)	90%	Orange, sectioned	60%
Okra	82%	Onion, green	65%
Onions, most	90%	Parsley, French, Italian	85%
Papayas	65%	Peaches	75%
Parsnip	78%	Pea, green-black eyed	40%
Pea, edible pod	90%	Pepper, G – R - Y	82%
Pears (peeled, cored)	75%	Plums	75%
Pineapple, cored	50% - 60%	Potatoes, white, sweet	80%
Radish (no greens)	90%	Rhubarb	85%
Rutabaga	75%	Scallions	65%
Spinach, leafy greens	50% - 70%	Squash, summer	90%
Squash, winter	65% - 70%	Tomato, cored, peeled	90%
Turnips	75%	Watermelon	45%
Watercress	90%	Zucchini	95%