



EGG PRODUCT CONVERSIONS

DEB EL FOODS LIQUID WHOLE EGGS WITH CITRIC ACID CONTAIN THE SAME PROPORTION OF EGG YOLK TO EGG WHITE AS SHELL EGGS.

LIQUID vs. SHELL

MEASURE	# OF SHELL EGGS
1 POUND	10 LRG 12 MED
4 TABLESPOONS	1 LRG
1/4 CUP	1 LRG
1/3 CUP	2 MED
1/2 CUP	2 MED
2/3 CUP	4 MED
1 CUP	5 LRG 6 MED
2 CUPS	10 LRG 12 MED
LIQUID EGG YOLKS	
1 TABLESPOON	1 LRG YOLK
1 CUP	13 SHELL EGG YOLKS
1 POUND	26 SHELL EGG YOLKS
EGG WHITES	
2 TABLESPOONS	1 LRG WHITE
1 CUP	7 SHELL EGG WHITES
1 POUND	14 SHELL EGG WHITES
HARD COOKED EGGS	
20 LB. PAIL HARD COOKED EGGS	APPROX. 180 EGGS
10 LB. PAIL HARD COOKED EGGS	APPROX. 90 EGGS

Any apparent volume equivalency discrepancies are due to the range of volume by USDA grading standards (e.g. Large eggs are defined as weighing a minimum of 24 oz. per dozen and a maximum of 26.9 oz. per dozen.)

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