

## Fruit Yields

Item	% Yield
Apples, Peeled & Cored . . . . .	74
Apricots . . . . .	92
Bananas . . . . .	66
Blackberries . . . . .	95
Blueberries . . . . .	89
Cantaloupe . . . . .	58
Cherries, Flesh . . . . .	87
Coconut, Meat . . . . .	43
Figs, Without Stem . . . . .	98
Grapefruit, Segments Without Membrane . . . . .	52
Grapes, Stemless . . . . .	93
Guava . . . . .	80
Kiwi . . . . .	84
Honeydew . . . . .	58
Lemon, Juiced & Strained . . . . .	42
Lime / Lemon Zest . . . . .	16
Limes, Juiced & Strained . . . . .	42
Mango, Without Pit & Skin . . . . .	69
Nectarines . . . . .	75
Oranges . . . . .	62
Papayas . . . . .	67
Peaches, Sliced . . . . .	78
Pears, Without Pit & Skin . . . . .	78
Pineapple, Peeled & Cored, Cubed . . . . .	46
Plantains . . . . .	72
Plums . . . . .	90
Pomegranates . . . . .	56
Prickly Pear Fruit . . . . .	69
Quince . . . . .	61
Raspberries . . . . .	96
Strawberries . . . . .	92
Tangerine . . . . .	71
Watermelon . . . . .	50