



Guidelines for Converting Shell Eggs to EggSolutions Liquid Egg Product



No. of Shell Eggs	LARGE EGGS			MEDIUM EGGS		
	Approx. Oz.	Wt. Gm.	Equivalent Vol. of ES Product	Approx. Oz.	Wt. Gm.	Equivalent Vol. of ES Product
1	1.8	50	3Tbsp	1.6	45	3 Tbsp
2	3.5	100	1/3 Cup + 1Tbsp	3.2	90	1/4 Cup + 2 Tbsp
3	5.3	150	1/2 Cup + 2 Tbsp	4.8	135	1/2 Cup + 1 Tbsp
4	7.1	200	3/4 Cup + 1 Tbsp	6.3	180	3/4 Cup
5	8.8	250	1 Cup	7.9	225	3/4 Cup + 3 Tbsp
6	10.6	300	1 1/4 Cup	9.5	270	1 Cup + 2 Tbsp
7	12.3	350	1 1/3 Cup + 1Tbsp	11.1	315	1 1/4 Cup + 1 Tbsp
8	14.1	400	1 1/2 Cup + 2 Tbsp	12.7	360	1 1/3 Cup + 2 Tbsp
9	15.9	450	1 3/4 Cup + 1 Tbsp	14.3	405	1 2/3 Cup
10	17.6	500	2 Cup + 1 Tbsp	15.9	450	1 3/4 Cup + 1 Tbsp
11	19.4	550	2 1/4 Cup	17.5	495	2 Cup
12	21.2	600	2 1/3 Cup + 2 Tbsp	19.0	540	2 Cup + 3 Tbsp
13	22.9	650	2 2/3 Cup	20.6	585	2 1/3 Cup + 1 Tbsp
14	24.7	700	2 3/4 Cup + 2 Tbsp	22.2	630	2 1/2 Cup + 1 Tbsp
15	26.5	750	3 Cup + 1 Tbsp	23.8	675	2 3/4 Cup
16	28.2	800	3 1/4 Cup	25.4	720	2 3/4 Cup + 3 Tbsp
17	30.0	850	3 1/3 Cup + 2 Tbsp	27.0	765	3 Cup + 2 Tbsp
18	31.7	900	3 2/3 Cup	28.6	810	3 1/4 Cup + 1 Tbsp
19	33.5	950	3 3/4 Cup + 2 Tbsp	30.2	855	3 1/2 Cup
20	35.3	1000	4 Cup + 1 Tbsp	31.7	900	3 2/3 Cup
21	37.0	1050	4 1/4 Cup	33.3	945	3 3/4 Cup + 2 Tbsp
22	38.8	1100	4 1/2 Cup	34.9	990	4 Cup + 1 Tbsp
23	40.6	1150	4 2/3 Cup	36.5	1035	4 1/4 Cup
24	42.3	1200	4 3/4 Cup + 2 Tbsp	38.1	1080	4 1/3 Cup + 1 Tbsp