

**Pre-Cut Produce:  
A look at yield and labor costs**



**Produce Commercial Kitchen Yields  
Yield and Labor**

Product	Raw Product/ Gross Case Weight	Finished Cut Product	Net Yield (lbs.)	Net Yield (%)	Labor (Min.)	Bulk/Precut Conversion (Cases)
Broccoli	14 Ct. Field Pack/23#	1 - 2" Flowers	9	39	30	1.5
Cabbage	24 Ct. Field Pack/50#	1/8" Shredded	32	64	70	1.5
Carrots	Bulk Medium/50#	Sticks	32	64	180	1.5
Carrots	Bulk Medium/50#	Shredded	34	64	150	1.5
Cauliflower	12 Ct. Field Pack/28#	1" - 2" Florets	10	35	30	3.0
Iceberg	24 Ct. Field Pack/50#	1-1/2" Chopped	30	60	40	2.0
Iceberg	24 Ct. Field Pack/50#	1/8" Shredded	30	60	65	2.0
Celery	26 Ct. Field Pack/50#	Diced	30	60	60	1.5
Celery	36 Ct. Field Pack/50#	Sticks	28	56	50	2.0
Onions	Field Pack/50#	Diced	32	64	120	1.5
Potatoes	Red "B" #1/50#	Wedge, Skin On	31	62	120	1.5
Potatoes	White #150#	Diced	32	64	70	1.5
Romaine	24 Ct. Field Pack/40#	1-1/2" - 2" Chopped	28	60	25	2.0
Spinach	24 Ct. Field Pack/20#	Leaves, Stemless	5	25	90	4.0

*\*Gross case weights will vary. Calculations are based at the time of testing.*