



SWITCH SIZES WITH EASE

Thanks to Mother Nature, avocados yielded at harvest vary in stature. With Mission's measurement resources, you have flexibility when it comes to the size of avocados you use. Jumbo, large, or small, any size fruit can yield the amount of pulp you need.

Use the chart below to find yield by size and preparation. This allows you to predict the yield for different avocado sizes, enabling greater flexibility based on inventory and availability.

EXAMPLE: 1 Size 36 Avocado Yields 1 1/2 cups Avocado Slices
-and-
2 Size 70 Avocados Also Yield 1 1/2 cups Avocado Slices

	32	36	40	48	60	70	84	96
YIELD	1 cup 8 oz	15/16 cup 7.4 oz	7/8 cup 7 oz	2/3 cup 5.4 oz	1/2 cup 3.9 oz	7/16 cup 3.6 oz	1/3 cup 2.6 oz	1/4 cup 2.25 oz
SLICED (1 cm wide)	1 3/4 cups 18 slices	1 1/2 cups 16 slices	1 1/4 cups 14 slices	1 cup 13 slices	2/3 cup + 5 TBSP 12 slices	3/4 cup + 1 TBSP 10 slices	2/3 cup 8 slices	1/3 cup + 1 TBSP 6 slices
DICED (2x1x1 cm)	1 1/2 cups 108 dices	1 1/3 cup 100 dices	1 cup + 2 TBSP 92 dices	1 cup 80 dices	3/4 cup 64 dices	2/3 cup 52 dices	1/2 cup + 1 1/2 TBSP 48 dices	1/3 cup 32 dices
MASH	1 cup	15/16 cup	7/8 cup	2/3 cup	1/2 cup	7/16 cup	1/3 cup	1/4 cup
PUREED	3/4 cup + 3 TBSP	2/3 cup + 1/2 TBSP	2/3 cup	1/2 cup	1/2 cup	1/3 cup + 1 1/2 TBSP	1/3 cup + 1/2 TBSP	3 1/2 TBSP



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