

Fruits & Veggies Portions/Cups

Fruit/Veggie	Amount	Cups	Calories /Cup
Bulk Produce			
Acorn Squash 39.1 oz	1 medium	6 3/4 cups	60
Apple	1 large	2	55
Apple, 2 1/2" dia. Small	1	1	55
Apple, Mini (less than 2 " diameter)	1	3/4 cup	55
Apricot	1	1/4 cup	80
Asparagus	1 lb.	3 1/4 cups	30
Artichoke	1 medium	1/2 cup	120
Baby Bok Choy	1 whole	1 cup	15
Avocado	1	1 cup	250
Banana	1 large	1 cup	120
Broccoli Crowns	1 lb.	6 cups	30
Brussels Sprouts	1 lb.	5 cups	35
Buttercup Squash est	1 medium	5 cups	65
Butternut Squash (2 1/2 #)	1 medium	6 cups	65
Cabbage (medium head)	1 head	10 cups	20
Cantaloupe	1	4 cups	50
Carrots (organic)	1 bunch	2 1/4 cuups	50
Cauliflower	1 head	12 cups	25
Cauliflower crowns	1 lb	5 cups	25
Celery (small red band)	1 bunch	5 1/4	20
Celery root	1 lb	2 cups	60
Cherries, sweet	1 lb.	3 1/4 cups	90
Cherries, tart	1 lb.	4 1/4 cups	50
Corn	1 large ear	1 cup	125
Cucumber	1 large	3 cups	15
Cucumber (seedless)	1	4 1/2 cups	15
Delicata Squash	1 medium	3 1/2 cups	40
Eggplant	1 lb.	4 cups	20
Fig	1 medium	1/4 cup	150
Gherkin Pickles	1 medium	3/4 cup	15
Grapefruit	1 medium	1 1/2 cups	80
Grapes (red seedless)	1 lb.	3 cups	120
Green Beans (Bulk)	1 lb.	4 cups	30
Green Onions	1 bunch	1/2 cup	30
Honeydew	1 melon	7 cups	50
Jicama	1	4 1/2 cups	45
Kiwi	1 medium	1/2 cup	90
Leeks	1 leek	1 cup	50
Lemon	1 medium	2-3 Tbsp juice	60
Lime	1 medium	1-2 Tbsp juice	60
Mango	1	1 cup	110
Mango, extra lrg	1	2 cups	110
Melons (specialty)	1 melon	4-7 cups	60
Nectarine	1 large	1 cup	70
Onion (lg vidalia)	1 large	3 cups	60
Onion	1 medium	1 cup	60
Orange (blood orange)	1 large	1 cup	85
Orange (cara cara)	1 large	1 cup	85
Orange, navel	1 large	1 cup	85
Orange, valencia	1 medium	1/2 cup	85
Orange Flesh Melon	1	7 cups	60
Papaya	1	3 1/4 cups	55
Peach	1 large	1 cup	75
Pears	1 medium	1 cup	100

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Pepper (red)	1 ex large	2 cups	40
Pepper (green)	1 ex large	2 cups	35
Pepper (yellow)	1 ex large	2 cups	40
Persimmon Hachiya	1 persimmon	1 cup	120
Pickle	1 average	3/4 cup	20
Pineapple	1 pineapple	5 1/2 cups	80
Plum	1 large	1/2 cup	70
Plum-cot	1 large	1/2 cup	120
Pomegranate	1 pomegranate	1 1/2 cups	140
Potato (baby dutch yellow)	4-6 potatoes (~6 oz)	1 cup	110
Potato (russet)	1 medium potato	1 cup	110
Potato(gold or white)	1 medium potato	1 cup	110
Radishes	1 bunch	1 1/2 cups	20
Romanesco	1 medium	4 cups	25
Spaghetti Squash (3 1/3#)	1 medium	5 cups	30
Squash (yellow or green)	1 lb	3 1/4 cups	25
Tangerine (Honey/sunburst)	1 large	3/4 cup	85
Tangerine (Pixie)	1	1/2 cup	85
Tomato	1 large	1 cup	30
Tomato, Roma	1 medium	1/2cup	30
Watermelon (small)	1 whole	10 cups	40
Watermelon	1 whole seedless	approx 18-20 cups	40
Watermelon (mini 4-5# ea)	1 whole	4 cups	40
Yam (sweet potato)	1 extra large	3 cups	115
Zucchini	1 lb	3 1/4 cups	20
Cleaned and Cut Diced Veggies			
<i>RANGE FOR THE GROUP</i>	1 bag	1 2/3 cups-2 cups	20-60
Celery, diced	1 bag	1 3/4 cups	20
Mirepoix	1 bag	1 2/3 cups	50
Onions, chopped	1 bag	2 cups	60
Peppers, diced	1 bag	2 cups	30
Peppers & Onions, diced	1 bag	2 cups	50
Cleaned and Cut Produce			
C&C Acorn Squash 20 oz	1 pkg	3 3/4 cups	60
C&C Butternut Squash 20 oz	1 pkg	3 1/2 cups	65
C&C Delicata Squash 20 oz	1 pkg	4 1/2 cups	40
C&C Cauliflower Florets 12 oz	1 pkg	4 cups	20
C&C Broccoli Florets 12 oz	1 pkg	4 cups	25
C&C Leeks (8 oz)	1 pkg	2 3/4 cups	50
C&C Rainbow Salad 12 oz	1 pkg	5 cups	20
C&C Broccoli Slaw 12 oz	1 pkg	5 cups	20
C&C Vegetable Medley 12 oz	1 pkg	4 cups	25
C&C Sugar Snap Peas 24 oz	1 pkg	6 cups	60
C&C French Green Beans, 24 oz	1 pkg	6 cups	40
Cleaned and Cut Soup			
Potato and Kale	16 oz. bag	5 c.	35
Potato & Leek	16 oz. bag	3 3/4 c.	70
Minestrone Soup	16 oz. bag	3 3/4 c.	35
Cleaned and Cut Microwave			
<i>Range for this group</i>	1 pkg	1 1/2 - 2 1/2	30-140
Asparagus	1 pkg	1 3/4 cups	30
Baby Carrots	1 pkg	2 1/2 cups	45
Baby Corn	1 pkg	1 1/2 cups	140
Baby Zucchini	1 pkg	2 cups	40

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Brussels Sprouts	1 pkg	1 3/4 cups	35
French Green Beans	1 pkg	2 cups	30
Green Peas	1 pkg	1 1/2 cups	140
Mixed Beans	1 pkg	2 cups	30
Snow Peas	1 pkg	1 1/4 cups	70
Sugar Snap Peas	1 pkg	1 3/4 cups	60
Squash Medley	1 pkg	2	40
Vegetable Medley	1 pkg	2 1/4 cups	45
Miscellaneous Pkg Produce			
Apples (3 # bags)	1 apple	1 cup	55
Artichokes, baby (12 ct pkg)	1 pkg	1 1/2 cups	60
Baby Spinach Blend	6 oz. pkg	10 cups per label*	10
Blackberries	6 oz. pkg	1 1/4 cups	60
Blackberries	18 oz. pkg.	4 cups	60
Blueberries	4.4 oz pkg	3/4 cup	80
Blueberries	6 oz. pkg	1 1/4 cups	80
Blueberries	1 pint	2 3/4 cups	80
Blueberries	18 oz. pkg.	3 1/2 cups	80
Broccolletti	8 oz pkg	2 3/4 cups	30
Carrots (Baby Cut)	1 lb. bag	3 cups	50
Carrots(Organic)	1 lb. bag	3 cups	50
Carrots (petite cut)	12 oz bag	2 1/4 cups	50
Celery (organic bagged)	1 large bunch	7 cups	20
Celery Hearts	16 oz. pkg	3 1/2 cups	20
Celery sticks	2.5 lb bag	8 3/4 cups	20
Clementines - 5 lb box	1 Clementine	1/2 cup	80
Coleslaw	16 oz. bag	7 1/2 cups	15
Cranberries	12 oz bag	3 cups	50
Cranberries	1 quart dry	4 cups	50
Cranberries	2 lb. clamshell	8 cups	50
Grapes (organic)	1 quart	4 cups	120
Grapes, (24 oz clamshell)	1 pkg	4 1/2 cups	120
Green Beans (Cleaned & Cut)	12 oz. bag	3 cups	30
Green Beans, French (Cleaned & Cut)	32 oz. bag (2lb)	8 cups	30
Escarole	15 oz. bag	15 cups per label*	10
Lettuce (Iceberg)	1 head	7 cups per label*	10
Lettuce (Shredded)	10 oz. bag	3 1/2 cups per label*	10
Mache lettuce (3.5 oz clamshell)	3.5 oz pkg	2 cups counts as 1 cup	25
Mushrooms (Portobello caps & sliced)	6 oz. pkg	2 cups	20
Mushrooms (Baby White Pearl and Brown Pearl)	6 oz. pkg	2 cups	20
Mushrooms	8 oz. pkg.	2 1/2 cups	20
Mushrooms	10 oz. pkg.	3 cups	20
Mushrooms(gourmet blend)	4 oz pkg	1 3/4 cups	20
Mushrooms (whole)	12 oz. pkg	4 cups	20
Mushrooms (Stuffers)	40 oz pkg	13 cups	20
Nectarine (2 lb. bag)	1 medium	3/4 cup	70
Peppers, mini bell (1 pint)	1 pkg	1 3/4 cups	40
Peppers, mini bell (2 lb)	1 pkg	8 cups	40
Pineapple	10 oz. pkg.	2 cups	80
Plum (2 lb bags)	1 large	1/2 cup	70
Fingerling Potato (24 oz bag)	1 bag	5 1/4 cups	110
Potato (Grilling)	1 each	2 cups	110
Potatoes, Steamable	24 oz. bag	4 cups	110
Raspberries	6 oz. pkg	1 1/4 cups	60

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Red Cabbage	10 oz. bag	7 cups per label	15
Romaine Hearts	12 oz. bag	7 cups per label*	10
Romaine Hearts	18 oz. bag	7 cups per label*	10
Spinach	10 oz. bag	7 cups per label*	25
Stir Fry	16 oz. bag	5 cups per label	35
Stir Fry Blends (Pea Pod, Ratatouille, Baby Bock choy)	1 pkg	4 cups	30-60
Strawberries	16 oz. container	3 cups	50
Strawberries (quart)	1 quart	4 1/2 cups	50
Taylor Veggie Snack Tray (Carrot, Tomato, Snap Pea, Dip)	1 pkg	1 1/4 cups	180
Taylor Veggie Snack Tray (Carrot, Tomato, Celery, Dip)	1 pkg	1 1/4 cups	180
Taylor Veggie Snack Tray (Broccoli, Carrot, Tomato, Dip)	1 pkg	1 cup	200
Taylor Spinach Salad Kit	7 oz container	~3.6 cups/container	170 cal/serv
Taylor American Salad Kit	9 oz container	~4.5 cups/container	150 cal/serv
Taylor Big Apple Salad Kit	9 oz container	~4.5 cups/container	160 cal/serv
Taylor Spring Salad Kit	7 oz container	~3.6 cups/container	210 cal/serv
Taylor Caesar Salad Kit	9 oz container	~4.5 cups/container	150 cal/serv
Tomato (Cocktail on the Vine)	12 oz. bag	2 3/4 cups	30
Tomato (Grape)	1 dry pint	2 cups	30
Tomato (Grape)	1 quart	4 cups	30
Tomato (Kumato)	1 pkg	3 3/4 cups	30
Watermelon Hearts	20 oz. pkg	4 1/4 cups	40
Watermelon Hearts	42 oz. pkg	9 cups	40

***2 cups raw leafy greens count as 1 cup**

<http://www.aces.edu/pubs/docs/H/HE-0578/>

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