

# SHELL to LIQUID EGGS

conversion worksheet

## Shell Egg Whites to Liquid Egg Whites

Liquid egg whites can be easily used in place of shell egg whites in your formulations. For each formulation, simply calculate the **average weight** of the shell egg whites used to determine how much liquid egg whites are needed.

### Steps to determine the **average weight** of the shell egg whites in your formulation:

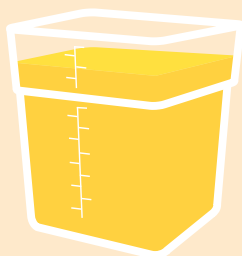
1. Put empty container on scale and tare to zero.
2. Crack required number of shell egg whites into container.
3. Enter weight of the shell egg whites on line below.
4. Repeat steps (1 to 3) four more times.
5. Compute the average of the five weights.

### Conversion Tips:

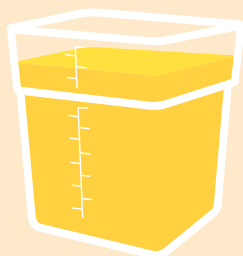
- Calculations are the same whether ounces or grams are used as the unit of measure.
- Shell eggs used in measurement calculations may be used within a day or two if kept refrigerated.

## Find the Replacement Liquid Egg Whites Weight

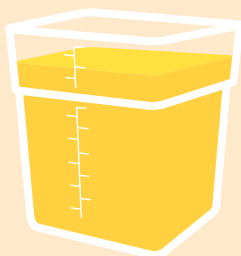
Record the number of shell egg whites in your formulation



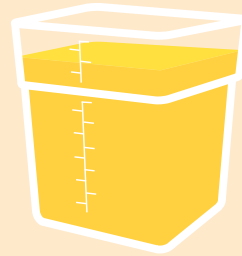
Weight 1



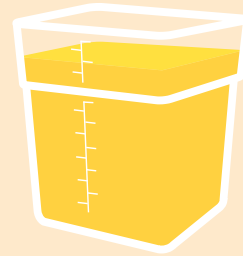
Weight 2



Weight 3



Weight 4



Weight 5

Total Weight\*

÷ 5 =

Replacement liquid egg whites weight

(average weight)

\* ADD TOGETHER THE FIVE SAMPLE WEIGHTS

For more assistance in making the conversion, please contact:  
American Egg Board at 847.296.7043 or visit [AEB.org/Conversion](http://AEB.org/Conversion)  
AIB International at 800.633.5137 or visit [AIBonline.org](http://AIBonline.org)

To locate a quality supplier of liquid egg products, visit [AEB.org/BuyersGuide](http://AEB.org/BuyersGuide)

