



# U.S. EGG EQUIVALENTS

## SHELL EGGS TO FROZEN/LIQUID OR DRIED EGGS

### Why use U.S. egg products?

Using high-quality U.S. frozen/liquid or dried eggs is easy. They also:

- Save time, labor and waste
- Reduce cold storage space needed
- Increase shelf life – simplifies inventory tracking
- Streamline ingredient preparation
- Provide batch-to-batch consistency
- Improve long-term product quality

U.S. Egg Products Typical Pack Size Equivalent ~ # of eggs per package

	FROZEN/ LIQUID WHOLE EGG	FROZEN/ LIQUID EGG YOLK	FROZEN/ LIQUID EGG WHITE	DRIED WHOLE EGG	DRIED EGG YOLK	DRIED EGG WHITE	PRECOOKED EGGS
8-ounces, ~ 1 cup, ~ 250 ml liquid/ frozen egg products  100g dried egg products ~ 1 ¼ cup	5 large eggs	14 large egg yolks	7 large egg whites	8 large eggs	13 large egg yolks	25 large egg whites	Pack size can vary.  Precooked egg patties and omelets are available from 1-ounce to 1.75-ounces, and some are available up to 3-ounces each.
1 lb carton (454 grams)	9 large eggs	27 large egg yolks	14 large egg whites	n/a	n/a	n/a	
2 lb carton (907 grams)	18 large eggs	54 large egg yolks	28 large egg whites	n/a	n/a	n/a	
5 lb carton (2.3 kilograms)	45 large eggs	134 large egg yolks	69 large egg whites	n/a	n/a	n/a	
5 lb cook-in bag (2.3 kilograms)	Approx. 45 large eggs	n/a	n/a	n/a	n/a	n/a	
20 lb bag (9 kilograms)	181 large eggs	534 large yolks	280 large egg whites	n/a	n/a	n/a	
30 lb bag (13.6 kilograms)	272 large eggs	800 large egg yolks	420 large egg whites	n/a	n/a	n/a	
30 lb tub (13.6 kilograms)	272 large eggs	800 large egg yolks	420 large egg whites	n/a	n/a	n/a	
50 lb bulk box (22.7 kilograms)	n/a	n/a	n/a	1,814 large eggs	2,965 large egg yolks	5,727 large egg whites	
150 lb drum (68 kilograms)	1,350 large eggs	4,050 large egg yolks	2,100 large egg whites	5,443 large eggs	8,894 large egg yolks	17,180 large egg whites	
2,500 lb totes (1134 kilograms)	22,500 large eggs	67,500 large egg yolks	35,000 large egg whites	n/a	n/a	n/a	



For more assistance in making the conversions, please contact: American Egg Board at [aeb@aeb.org](mailto:aeb@aeb.org).  
or visit [AEB.org/Conversion](http://AEB.org/Conversion). To locate a supplier of high-quality U.S. egg products, visit [AEB.org/BuyersGuide](http://AEB.org/BuyersGuide)