

List of plants by juice yield

For some reason, such a guide hasn't been done yet, so I'll give it a shot. Tests done with *Sana 707* juicer, fine screen, strainer used.

Fruit / Vegetable	Amount of produce	Weight	Juice yield	Per 100G	2nd run increase%	3rd run increase%
Apple (Champion)	Three large	750G	500ML	67ML		
Apple (Champion)	Two large	558G	400ML	72ML		
Apple (Champion)	Three medium	587G	370ML	63ML		
Apple (Champion)	Three medium	666G	440ML	66ML		
Apple (Jonagored)	Three medium	661G	400ML	61ML		
Apple (Empire)	Three small	320G	150ML	47ML		
Apple (Gloster)	Three medium	551G	400ML	73ML		
Apple (Gloster)	Two large	555G	400ML	72ML		
Apple (Prince)	Three large	780G	400ML	51ML		
Apple (Prince)	Three medium	640G	340ML	53ML		
Apple (Ligol)	Two medium	400G	280ML	70ML	<=7	
Apple (Ligol)	Three large	838G	560ML	67ML		

Apple (Mutsu)	Three large	843G	500ML	59ML		
Apple (Red Chief)	Two large	633G	380ML	60ML		
Apple (Kosztel - PL variety)	Two medium	461G	350ML	76ML		
Apple (Kosztel - PL variety)	Two large	605G	450ML	74ML		
Apple (Kosztel - PL variety)	Three medium	610G	470ML	78ML		
Apple (Kosztel - PL variety)	Six medium	1500G	600ML	40ML	8	0
Apple (unknown)	12	2200G	1300ML	59ML	3	0 (presumed)
Beetroot	Two small	192G	110ML	57ML	23-31	6-18
Beetroot	Two small and three large	844G	500ML	59ML		
Beetroot	Two medium	453G	260ML	57ML		
Beetroot	Two large	782G	370ML	47ML		
Beetroot	One medium, one large	430G	210ML	49ML	25	10
Bell pepper	One	245G	160ML	65ML	14	5
Cabbage	1/8 of medium	352G	200ML	57ML	23-34	8-11
Cabbage	Small head	1000G	520ML	52ML		

Cabbage	Half of giant head	1566G	880ML	56ML		
Cabbage (fermented)	A handful	262G	180ML	69ML	11-20	2-10
Cabbage (fermented)	...	768G	520ML	68ML		
Cabbage (fermented)	...	450G	310ML	69ML		
Cabbage (fermented)	...	504G	360ML	71ML		
Cabbage (fermented)	800ML jar	766G	520ML	68ML		
Carrot	Four large	586G	200ML	34ML	33	10
Carrot	Five	450G	150ML	33ML		
Carrot	Lots	2000G	360ML	18ML	72	19
Cauliflower head	1 / 3 of head	250G	80ML	32ML	50	
Cauliflower leaf	From one	250G	160ML	64ML	16	11
Cauliflower leaf	From one	333G	160ML	48ML		
Celery stalks	One package	480G	330ML	69ML	20-23	8-10
Celery stalks	One package	440G	400ML	91ML		
Celery stalks	One package	377G	350ML	93ML		
Celery stalks	One package	424G	250ML	59ML		
Celery stalks	One package	390G	250ML	64ML		
Celery stalks	One package	576G	350ML	61ML		
Celery stalks	One package	622G	450ML	72ML		
Celery stalks	One package	492G	300ML	61ML		

Celery (leafy parts)	...	237G	220ML	93ML	27	2
Celeriac	Three small	447G	160ML	36ML		
Cherry	A lot	167G	110ML	69ML	18	8
Coconut	Two	378G	0ML	0ML		
Cranberry	Lots	299G	40ML	13ML	100	50
Cucumber (smooth)	One	336G	200ML	60ML		
Cucumber (smooth)	Two long	453G	260ML	57ML	16	18
Cucumber (smooth, with skin)	Two	488G	320ML	66ML		
Cucumber (smooth, with skin)	Three	613G	400ML	65ML		
Cucumber (smooth, with skin)	Two very long	706G	400ML	57ML		
Cucumber (prickly)	Five	390G	190ML	49ML	25-32	12-14
Cucumber (prickly)	Three large	480G	320ML	67ML		
Cucumber (prickly)	Nine	661G	320ML	49ML	31	19
Garlic	Four bulbs	210G	40ML	19ML	75	14
Ginger	Hand-sized piece	168G	170ML	100ML	11	4
Ginger	Two hand-sized pieces	336G	220ML	65ML	27	7
Grapes	Lots	710G	580ML	82ML		
Grapes	Lots	1000G	800ML	80ML	7	0

Grapes	One "branch"	421G	280ML	67ML		
Grapes	70	832G	530ML	64ML	13	10
Grapes	Two branches	724G	400ML	55ML	23	0
Grapefruit	One	263G	160ML	61ML	~10	0
Kiwi	Four	440G	190ML	43ML	26	17
Kiwi	Ten	906G	380ML	42ML	18	11
Leeks	Small bunch	140G	40ML (UNS)	28ML	60	37
Leeks	Big bunch	452G	100ML (UNS)	22ML		
Lemon	One	158G	100ML	63ML	~8	0
Lemon	Four	501G	300ML	60ML		
Lettuce (Iceberg)	One head	580G	500ML	86ML		
Lettuce (Regular)	One head	276G	200ML	72ML	7-10	5-7
Lettuce (Regular)	One head	200G	200ML	100ML		
Lettuce (Regular)	One head	190G	190ML	100ML		
Lettuce (Regular)	One head	525G	390ML	74ML		
Mango	One	440G	180ML	41ML		
Mango	One	457G	200ML	44ML		
Mango	Two	602G	170ML	28ML	6	5
Melon	One large	1687G	1250ML	74ML		

Melon (cantaloupe)	One	503G	350ML	70ML	11	2
Onion	Two medium	370G	260ML	69ML		
Onion	Two medium and one small	411G	200ML	49ML	25	11
Orange	Three large	706G	510ML	72ML	7-9	0-4
Orange	Two large	518G	370ML	71ML		
Orange	Two small	328G	240ML	73ML		
Orange	Two	470G	300ML	65ML		
Orange	Three small	339G	180ML	53ML		
Orange	Five small	693G	450ML	65ML		
Orange	Eight small	1127G	700ML	62ML	7	1
Orange	Four large	1192G	900ML	76ML	6	
Orange	Three medium	790G	520ML	66ML	8	2
Orange skin	From three	194G	0ML	0ML		
Parsnip	Two	330G	~30ML	~10ML	~100	~50
Pear	Five medium	1150G	480ML	42ML	19-22	3-5
Pear	Five medium	1124G	520ML	46ML		
Pear	Two large	660G	320ML	49ML		
Pear	Two medium	527G	320ML	61ML		
Pear	Five medium	1048G	630ML	60ML	9	3
Pineapple	One large	1100G	600ML	55ML		

Pineapple	One medium	750G	470ML	62ML	10-18	1-6
Pineapple	One medium	769G	480ML	62ML		
Pineapple (with skin)	One small	868G	620ML	69ML		
Pineapple (with skin)	One large	1280G	580ML	45ML		
Pineapple (with skin)	One ex. large	1680G	1150ML	68ML		
Pineapple (with skin)	One ex. large	1683G	1020ML	61ML		
Pineapple (with skin)	One large	1314G	880ML	67ML		
Pineapple (with skin)	One ex. large	1628G	1050ML	65ML		
Pineapple (with skin)	One large	1559G	1050ML	67ML	9	3
Pineapple (with skin)	One medium	1417G	910ML	64ML	9	3
Pineapple (with skin)	One small	935G	570ML	61ML	5	1
Plum	10 large	1000G	520ML	52ML		
Plum	5 large	416G	200ML	48ML		
Pomegranate	2 large, 1 medium	613G	420ML	69ML	10	2
Pomegranate	Two	475G	400ML	84ML	5	0
Potato	4	743G	400ML	54ML	15	11
Red cabbage	3/4 of medium	850G	400ML	47ML	42-45	11-14
Red cabbage	Half of medium	546G	220ML	40ML		
Red cabbage	Half of big	1523G	610ML	40ML		
Strawberry	A lot	300G	100ML	33ML		

Strawberry	15	497G	230ML	46ML	26	0
Tangerine	Three	290G	300ML	104ML		
Tangerine	Nine	730G	500ML	68ML	8	4
Tangerine	Twelve	634G	490ML	78ML	2	2
Tangerine	Five	673G	450ML	67ML	9	2
Tangerine	Eleven	897G	570ML	64ML	4	2
Tangerine	19	1873G	1250ML	67ML	6	3
Tart cherry	Lots	388G	300ML	77ML		
Tomato	Two large	625G	~20ML	~3ML		
Watermelon	1/5 or so	630G	600ML	97ML		
Watermelon	1/5 or so	650G	800ML	123ML		
Watermelon	1/4	1117G	920ML	82ML	7	2
Watermelon rind	1/5 of watermelon	463G	300ML	65ML	12-17	4-9
Watermelon rind	A piece	378G	240ML	63ML		
Watermelon rind	1/4	505G	300ML	59ML	30	5
Zucchini	Five	1600G	600ML	37ML	50	20

Early on, I wasn't running the pulp through after the original run, so I am lacking the data for that time period. That's one reason for why I've given one result per entire section for a single item (it would just look ugly with empty table columns all over the place). I also assumed that all the results for the second and third runs will be the same (or very close) for the same type of produce, so I thought there'd be no harm in doing it this way. This proved to be terribly wrong

down the road. Though that rule does apply to celery, oranges, and red cabbage (for example) - it does not for many other items (such as beets). It's too bad I only figured it out after I already lost the knowledge of which percentage result applied to which specific entry. I am leaving up the joint data for the items for which I lack the specific data, and from now on will be giving each entry a separate second / third run percentage values if I bother to measure them. The variation is so annoyingly unpredictable, too. Sometimes, you will get heavily diverging first run results, but the second and third will come to "fill the gap" (what happened in my ginger tests, for example). But other times, the decreased first run result stays that way after the second and third. So there isn't necessarily a common final juice amount for a specific type of produce. Anyway, "*UNS*" means unstrained; the strainer / sieve got clogged, probably. So I just threw the clogging things in, which means there's going to be a little higher result than would be without. Also, the measuring cup starts from 200ml and only shows increases for every 50ml, so the data points are kind of by eye especially for the measurements under 200.

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