

EASY Freeze RELATIVE CAPACITY CHART**VEGETABLES****Artichoke**bottoms 50x12 mm
quarters

84

Relative
capacity %

50

55

Note

6

**Asparagus**White cut 25 mm
white whole 140x10 mm

93

80

70

6

**Bamboo shoots**

Strips 5 mm

91

70

6

**Beans**small beans
broad beans
soya beans

67

90

85

85

**Broccoli**cut 30 mm
spears 100 mm

90

65

55

6

**Brussel sprouts**

whole 25-40 mm

85

80

**Cabbage**

cut 13 mm

93

60

6

**Carrots**sliced straight 6 mm
sliced bulky 6mm
diced 10 mm
Baby carrots 50x20 mm,

88

80

80

85

70

6

6

**Cauliflower**

florets 20-40 mm

92

70

6



VEGETABLES

Water content
%Relative
capacity %

Note

**Celery**
cut 25 mm

94

80

6

**Chestnut**

52

70

**Corn**
Sweet corn cut
cob hole 150x40 mm
baby corn hole 80 mm

74

95

30

60

**Cucumber**
sliced 3-4 mm

96

70

6

**Green bean**
cut 13-30mm
sliced 4mm
whole

89

80

75

70

6

**Herb**

Basil

90

25

10

Coriander

91

25

10

Parsley

87

25

10

Mint

90

25

10

**Leek**
cut 25 mm

88

75

**Mushroom**
fresh sliced 4 mm
fresh whole 25 mm
blanched sliced
blanched whole

92

65

6

75

6

45

6

55

6

**Pea pod**
Whole 80 mm

88

60

**Okra**
Whole 80 mm
Cut 10-20 mm

90

65

90

80



VEGETABLES

Water content
%Relative
capacity %

Note



Onion
diced 10x10 mm
sliced 5 mm

90

65

6

55

6



Peas
(Sweet green peas,
Alaska peas,
Black eyed field peas)

74

100



Rice
Parboiled cooked
Parboiled washed, dry surface

73

65

6

73

75



Shallot
diced 10x10 mm

90

55

6



Sweet pepper
segments 13 mm
strips 13 mm
halved 50 - 100mm
diced 13 mm
diced 7 mm

92

65

3,4,6

65

3,4,6

70

3,4,6

75

3,4

65

3,4



Tomatoes
whole 30 mm
beef tomatoes diced 10x10 mm

95

40

5,7

65

6



Turnips
Rutabagas
Kohlrabi
diced 10 mm
cut 10 mm

90

80

6

70

6



Water chestnut (15 x 40 mm)
Sliced 5 mm

78

70

6



Zucchini
diced 10 mm
sliced 4 mm

94

70

6

65

6

**VEGETABLES**Water content
%Relative
capacity %**Note****French fries-infeed temp+40°C**

Crinkle cut 10 mm

70

80

6,8,11,12

65

85

Crinkle cut 13 mm

70

65

65

70

straight cut 5 mm

70

65

65

70

**French fries-infeed temp+15°C**

Crinkle cut 10 mm

70

90

6,8,11,12

65

95

13

Crinkle cut 13 mm

70

75

65

80

straight cut 5 mm

70

75

65

80

**French fries-infeed temp+90°C**

straight cut 10 mm

70

45

6,8,11,12

65

50

13

straight cut 5 mm

70

50

65

55

**Potatoes**

whole 25 mm

78

60

1,5,7,8,

11

diced 10 mm

78

80

6,8,11

**FRUITS**Water content
%Relative
capacity %**Note****Apple**diced 13 mm
wedge 13 mm
wedge 10 mm

84

75
75
75

3,4,6

**APRICOT**

halves 40 mm

89

45

**BANANA**

Sliced

60

6

**Blueberry**13 mm, 12% sugar
13 mm, 6% sugar
10 mm, 12% sugar
10 mm, 6% sugar

83

70
80
85
90**Black currant**

with stalk

88

75-80

8

**Cherry**

pitted or unpitted, 17 mm

83

70

**Date**

whole

78

70

**Grape**

82

75

5

**Gooseberry**

89

75

**Kiwi**

diced 10 mm

84

70

**FRUITS**Water content
%Relative
capacity %**Note****Lychee**
15 gr

83

45

**Mango (not overripe)**
diced 10 mm
diced 5 mm

82

70

6

82

60

**Papaya**
diced 10 mm
diced 5 mm

91

70

6

60

**Peach**
diced 10x10 mm
wedge 10 mm

87

65

6

65

**Pear**
diced 10 mm

83

75

6

**Plums**
whole 35 mm
halves 20 mm

86

55

5,6

65

**Pineapple**
segments 10x20 mm

85

65

6

**Raspberry**
15 mm

84

65

1,2,3,4,
6**Red currant**
with stalk

88

70-80

8

**Strawberry**
25 to 35 mm

90

70

2

**SHELL FISH**Water content
%Relative
capacity %**Note****Shrimp (+5 °C)**

Peeled and cooked

400 – 900 pcs/kg

200 – 400 pcs /kg

100 – 200 pcs /kg

60 – 100 pcs /kg

83

70

6

65

6

60

6

55

6

Head of shell on cooked

60 – 100 pcs /kg

40 – 60 pcs /kg

35

6

30

6

Head of shell on row

60 – 100 pcs /kg

40 – 60 pcs /kg

35

6

30

6

**Mussel**

cooked

85

55

6

**Snail**

shell off

79

55

6

**Sprat**

78

60

6


**MEAT & DIARY &
Ready made dishes**

 Water content
%

 Relative
capacity %

Note


Ham
diced 10x10x3 mm
diced 20x20x3 mm

51

65
60

4,6


Meat (-3 °C)
diced 10 mm
diced 20 mm
65
6580
75

4,6


Poultry
diced 10 mm
diced 15 mm
74
7470
60

4,6


Chicken nuggets
(prefried, cooled < +5°C)

74

50


Meatball
+40 °C fried 25 mm

55

50

4,6,12


Minced meat

60

80

4,6


Sausage
Cut 35x5 mm
Cut 20x5 mm
62
6250
55

4,12


Mozzarella cheese
(+4 to -18°C)
shredded
diced
35
3595
90

6,9


Pasta (all cooked)
Spagetti cut 50 mm
Tagliatelli cut 50 mm
Gnochi
Farfalle
Fusilli
Tortellini
Ravioli
68
68
68
68
68
68
6840
40
60
55
60
55
55

6