

EGG SIZES

Japanese egg sizes

- 1. **Small (小) Size:** Around 50-55 grams per egg.
- 2. **Medium (中) Size:** Approximately 55-60 grams per egg.
- 3. **Large (大) Size:** Roughly 60-65 grams per egg.
- 4. **Extra Large (特大) Size:** Usually 65-70 grams per egg.



IF A RECIPE CALLS FOR MEDIUM EGGS AND YOU ONLY HAVE LARGE

Number of Eggs		Weight (Excluding Shell)
Medium	Large	
1	0.9	50g
2	1.7	100g
3	2.6	150g
4	3.4	200g
5	4.3	250g
6	5.2	300g
7	6	350g
8	6.9	400g

IF A RECIPE CALLS FOR LARGE EGGS AND YOU ONLY HAVE MEDIUM

Number of Eggs		Weight (Excluding Shell)
Large	Medium	
1	1.2	58g
2	2.3	116g
3	3.5	175g
4	4.7	233g
5	5.8	291g
6	7	349g
7	8.1	407g
8	9.3	466g

WHEN A RECIPE CALLS FOR MEDIUM EGG WHITES AND YOU ONLY HAVE LARGE

Number of Egg Whites		Weight
Medium	Large	
1	0.8	33g
2	1.7	65g
3	2.5	98g
4	3.4	130g
5	4.2	162g
6	5.1	195g
7	5.9	228g
8	6.8	260g

<https://charlotteslivelykitchen.com/egg-size-weight-guide/>