

Freeze Dry
Ingredient Conversion Guide



Steph's Simple Living

Ingredient	100 g Fresh = Approx. FD	1 kg Fresh = Approx. FD
Raw chicken breast	25–30 g	250–300 g
Cooked rotisserie chicken	30–35 g	300–350 g
Cooked beef mince	25–28 g	250–280 g
Potatoes	10–15 g	100–150 g
Mixed vegetables (carrot, peas, corn, beans)	10–12 g	100–120 g
Corn kernels	12–15 g	120–150 g
Peas	10–13 g	100–130 g
Capsicum	8–10 g	80–100 g
Tomatoes	8–12 g	80–120 g
Spinach / silverbeet	4–6 g	40–60 g
Basil	2–3 g	20–30 g
Celery	6–8 g	60–80 g
Cabbage	8–10 g	80–100 g
Zucchini	8–10 g	80–100 g

Notes

- Approximate conversions only.
- Results vary depending on preparation methods and moisture content.
- Some ingredients work best in cooked dishes rather than as fresh replacements.
- Raw and cooked ingredients may freeze dry differently.