Citrus juice conversion chart

Juice per fruit, by size, and how many fruit to buy for a recipe. Where two sources differ we show the span, not one number.

Juice per fruit by size

Fruit	Size	Tablespoons	Milliliters	Fl oz	Sources
Lemon	Small	1.6 to 2.6	24 to 38	0.8 to 1.3	Two sources
Lemon	Medium	2 to 3.1	30 to 47	1 to 1.6	Two sources
Lemon	Large	2.4 to 3.7	35 to 55	1.2 to 1.9	Two sources
Lime	Standard (2 in)	2.9	43	1.5	Single source
Orange	Small	4.1 to 5.9	60 to 87	2 to 2.9	Two sources
Orange	Medium	5.5 to 8	82 to 118	2.8 to 4	Two sources
Orange	Large	7.8 to 11.2	115 to 166	3.9 to 5.6	Two sources
Grapefruit	Small	9.9	147	5	Single source
Grapefruit	Medium	12.7	188	6.3	Single source
Grapefruit	Large	16.5	243	8.2	Single source

How many medium fruit for the juice you need

Juice needed	ml	Lemons	Limes	Oranges	Grapefruits
1 tbsp	15	1	1	1	1
2 tbsp	30	1	1	1	1
1/4 cup	59	2	2	1	1
1/3 cup	79	2 to 3	2	1	1
1/2 cup	118	3 to 4	3	1 to 2	1
3/4 cup	177	4 to 6	5	2 to 3	1
1 cup	237	6 to 8	6	2 to 3	2

Size rows scale the medium figure by USDA edible fruit weight (our assumption). Squeeze one fruit and measure if a recipe is fussy. Key limes and Meyer lemons are left out: no source gives a juice yield.

Sources

- USDA FoodData Central, Lemon juice, raw (FDC 167747): 1 lemon yields 48 g; 244 g per cup (https://fdc.nal.usda.gov/fdc-app.html#/food-details/167747/nutrients)
- NDSU Extension FN198, Ingredient Substitutions (reviewed Jan 2023): 1 medium lemon = 2 to 3 tablespoons juice (https://www.ndsu.edu/agriculture/sites/default/files/2023-01/fn198.pdf)
- USDA FoodData Central, Lime juice, raw (FDC 168156): 1 lime yields 44 g; 242 g per cup (https://fdc.nal.usda.gov/fdc-app.html#/food-details/168156/nutrients)
- NDSU Extension FN198, Ingredient Substitutions (reviewed Jan 2023): 1 medium orange = 6 to 8 tablespoons juice (https://www.ndsu.edu/agriculture/sites/default/files/2023-01/fn198.pdf)
- USDA FoodData Central, Orange juice, raw (FDC 169098): 1 fruit yields 86 g; 248 g per cup (https://fdc.nal.usda.gov/fdc-app.html#/food-details/169098/nutrients)

- USDA FoodData Central, Grapefruit juice, pink, raw (FDC 167774): 1 fruit yields 196 g; 247 g per cup (https://fdc.nal.usda.gov/fdc-app.html#/food-details/167774/nutrients)

Grapefruit juice can interact with some medicines (FDA, Grapefruit Juice and Some Drugs Don't Mix). Values read 2026-11-14.