

**USDA National Nutrient Database for Standard Reference, Release 21**  
**Carotene, alpha (µg) Content of Selected Foods per Common Measure, sorted by nutrient content**

<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
11424	Pumpkin, canned, without salt	245	1 cup	11748
11655	Carrot juice, canned	236	1 cup	10247
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	5891
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	5425
11581	Vegetables, mixed, canned, drained solids	163	1 cup	4297
11128	Carrots, canned, regular pack, drained solids	146	1 cup	4005
11124	Carrots, raw	110	1 cup	3825
11124	Carrots, raw	72	1 carrot	2503
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	1762
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	1398
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	1229
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	853
22905	Beef stew, canned entree	232	1 cup	826
09277	Plantains, raw	179	1 medium	784
18326	Pie, pumpkin, commercially prepared	109	1 piece	748
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	638
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	598
09278	Plantains, cooked	154	1 cup	544
11578	Vegetable juice cocktail, canned	242	1 cup	508
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	494
11960	Carrots, baby, raw	10	1 medium	377
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	330
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	256
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	216
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	211
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	182
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	171
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	147
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	124
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	102
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	94
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	87
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	85
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	85
20020	Cornmeal, whole-grain, yellow	122	1 cup	77
11546	Tomato products, canned, paste, without salt added	262	1 cup	76
09306	Raspberries, frozen, red, sweetened	250	1 cup	73
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	67
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	63
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	62
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	59
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	55
02009	Spices, chili powder	2.6	1 tsp	54
09040	Bananas, raw	150	1 cup	38
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	35
09176	Mangos, raw	207	1 mango	35
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	35
09223	Tangerine juice, canned, sweetened	249	1 cup	35

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11205	Cucumber, with peel, raw	301	1 large	33
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	32
11333	Peppers, sweet, green, raw	149	1 cup	31
11821	Peppers, sweet, red, raw	149	1 cup	30
09040	Bananas, raw	118	1 banana	30
11943	Pimento, canned	12	1 tbsp	29
09176	Mangos, raw	165	1 cup	28
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	28
09060	Carambola, (starfruit), raw	108	1 cup	26
09181	Melons, cantaloupe, raw	160	1 cup	26
11333	Peppers, sweet, green, raw	119	1 pepper	25
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	24
09291	Plums, dried (prunes), uncooked	42	5 prunes	24
11821	Peppers, sweet, red, raw	119	1 pepper	24
11109	Cabbage, raw	70	1 cup	23
11206	Cucumber, peeled, raw	280	1 large	22
11090	Broccoli, raw	88	1 cup	22
09060	Carambola, (starfruit), raw	91	1 fruit	22
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	22
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	22
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	21
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	20
09200	Oranges, raw, all commercial varieties	180	1 cup	20
09302	Raspberries, raw	123	1 cup	20
11945	Pickle relish, sweet	15	1 tbsp	19
02029	Spices, parsley, dried	1.3	1 tbsp	19
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	18
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	17
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	17
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	16
11819	Peppers, hot chili, red, raw	45	1 pepper	16
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	170	1 cup	15
09206	Orange juice, raw	248	1 cup	15
09200	Oranges, raw, all commercial varieties	131	1 orange	14
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	14
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	13
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	13
09207	Orange juice, canned, unsweetened	249	1 cup	12
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	12
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	12
11439	Sauerkraut, canned, solids and liquids	236	1 cup	12
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	12
11205	Cucumber, with peel, raw	104	1 cup	11
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	11
09181	Melons, cantaloupe, raw	69	1/8 melon	11
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	11

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11670	Peppers, hot chili, green, raw	45	1 pepper	10
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	10
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	10
11206	Cucumber, peeled, raw	119	1 cup	10
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	9
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	9
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	9
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	8
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	8
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	8
11090	Broccoli, raw	31	1 spear	8
09039	Avocados, raw, Florida	28.35	1 oz	8
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	7
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	7
18279	Muffins, corn, commercially prepared	57	1 muffin	7
09038	Avocados, raw, California	28.35	1 oz	7
09021	Apricots, raw	35	1 apricot	7
01125	Egg, yolk, raw, fresh	16.6	1 large	6
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	6
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	6
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	6
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	6
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	6
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	6
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	5
09206	Orange juice, raw	86	juice from 1 orange	5
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	5
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	5
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	5
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	5
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	5
09128	Grapefruit juice, white, raw	247	1 cup	5
19034	Snacks, popcorn, air-popped	8	1 cup	5
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	5
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	4
11658	Spinach souffle	136	1 cup	4
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	4
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	4
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	4
11954	Tomatillos, raw	34	1 medium	3
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	3
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	3
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	2
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	2
22402	Beef Macaroni, frozen entree	240	1 package	2
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	2
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	2

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05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	2
19036	Snacks, popcorn, cakes	10	1 cake	2
11333	Peppers, sweet, green, raw	10	1 ring	2
11001	Alfalfa seeds, sprouted, raw	33	1 cup	2
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	2
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	2
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	2
09246	Peaches, dried, sulfured, uncooked	39	3 halves	1
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	1
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	1
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	1
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	1
12120	Nuts, hazelnuts or filberts	28.35	1 oz	1
19089	Ice creams, vanilla, rich	74	1/2 cup	1
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	1
05292	Turkey patties, breaded, battered, fried	64	1 patty	1
06150	Sauce, barbecue	15.75	1 tbsp	1
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	1
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	1
09150	Lemons, raw, without peel	58	1 lemon	1
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	1
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	1
18110	Cake, fruitcake, commercially prepared	43	1 piece	0
18360	Taco shells, baked	13.3	1 medium	0
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0
04015	Salad dressing, russian dressing	15.3	1 tbsp	0
18133	Cake, sponge, commercially prepared	30	1 shortcake	0
19013	Snacks, fruit leather, pieces	28.35	1 oz	0
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0
19014	Snacks, fruit leather, rolls	21	1 large	0
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0
18226	Crackers, rye, wafers, plain	11	1 wafer	0
02010	Spices, cinnamon, ground	2.3	1 tsp	0
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0
11084	Beets, canned, drained solids	170	1 cup	0
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0
11081	Beets, cooked, boiled, drained	50	1 beet	0
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0
11081	Beets, cooked, boiled, drained	170	1 cup	0
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0
11112	Cabbage, red, raw	70	1 cup	0
11114	Cabbage, savoy, raw	70	1 cup	0
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0