

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	3553
09226	Papayas, raw	304	1 papaya	2313
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	1250
09226	Papayas, raw	140	1 cup	1065
11821	Peppers, sweet, red, raw	149	1 cup	730
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	684
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	626
11821	Peppers, sweet, red, raw	119	1 pepper	583
09223	Tangerine juice, canned, sweetened	249	1 cup	533
09206	Orange juice, raw	248	1 cup	419
09207	Orange juice, canned, unsweetened	249	1 cup	369
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	342
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	291
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	257
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	227
09326	Watermelon, raw	286	1 wedge	223
09200	Oranges, raw, all commercial varieties	180	1 cup	209
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	200
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	193
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	178
09246	Peaches, dried, sulfured, uncooked	39	3 halves	173
02028	Spices, paprika	2.1	1 tsp	166
09200	Oranges, raw, all commercial varieties	131	1 orange	152
09206	Orange juice, raw	86	juice from 1 orange	145
09250	Peaches, frozen, sliced, sweetened	250	1 cup	145
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	137
09191	Nectarines, raw	136	1 nectarine	133
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	124
09326	Watermelon, raw	152	1 cup	119
09236	Peaches, raw	170	1 cup	114
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	102
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	97
02009	Spices, chili powder	2.6	1 tsp	91
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	89
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	86
11205	Cucumber, with peel, raw	301	1 large	78
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	76
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	67
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	67
09236	Peaches, raw	98	1 peach	66
11206	Cucumber, peeled, raw	280	1 large	50
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	48
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	47
11945	Pickle relish, sweet	15	1 tbs	44
22905	Beef stew, canned entree	232	1 cup	44
09291	Plums, dried (prunes), uncooked	42	5 prunes	39

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11162	Collards, cooked, boiled, drained, without salt	190	1 cup	38
14341	Pineapple and orange juice drink, canned	250	8 fl oz	38
09021	Apricots, raw	35	1 apricot	36
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	34
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	32
09153	Lemon juice, canned or bottled	244	1 cup	32
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	29
11205	Cucumber, with peel, raw	104	1 cup	27
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	24
09279	Plums, raw	66	1 plum	23
09176	Mangos, raw	207	1 mango	23
11670	Peppers, hot chili, green, raw	45	1 pepper	23
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244	1 cup	22
11206	Cucumber, peeled, raw	119	1 cup	21
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	19
09176	Mangos, raw	165	1 cup	18
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	18
11819	Peppers, hot chili, red, raw	45	1 pepper	18
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	18
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	18
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	17
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	15
09003	Apples, raw, with skin	138	1 apple	15
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	14
09004	Apples, raw, without skin	110	1 cup	14
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	14
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	13
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	12
09150	Lemons, raw, without peel	58	1 lemon	12
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	11
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	11
11333	Peppers, sweet, green, raw	149	1 cup	10
09039	Avocados, raw, Florida	28.35	1 oz	10
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	10
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	10
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	10
11333	Peppers, sweet, green, raw	119	1 pepper	8
11581	Vegetables, mixed, canned, drained solids	163	1 cup	8
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	8
09152	Lemon juice, raw	47	juice of 1 lemon	8
09038	Avocados, raw, California	28.35	1 oz	8
04015	Salad dressing, russian dressing	15.3	1 tbsp	7
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	7
11549	Tomato products, canned, sauce	245	1 cup	7
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	7
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	7
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	7
18319	Pie, fried pies, fruit	128	1 pie	6

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11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	6
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	6
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	6
01125	Egg, yolk, raw, fresh	16.6	1 large	5
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	5
01123	Egg, whole, raw, fresh	58	1 extra large	5
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	255	1 cup	5
01129	Egg, whole, cooked, hard-boiled	50	1 large	5
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	5
01128	Egg, whole, cooked, fried	46	1 large	5
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	5
01123	Egg, whole, raw, fresh	50	1 large	5
01131	Egg, whole, cooked, poached	50	1 large	5
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	4
01132	Egg, whole, cooked, scrambled	61	1 large	4
01123	Egg, whole, raw, fresh	44	1 medium	4
19097	Sherbet, orange	74	1/2 cup	4
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	4
18320	Pie, lemon meringue, commercially prepared	113	1 piece	3
09252	Pears, raw	166	1 pear	3
18326	Pie, pumpkin, commercially prepared	109	1 piece	3
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	3
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	3
02010	Spices, cinnamon, ground	2.3	1 tsp	3
11658	Spinach souffle	136	1 cup	3
12142	Nuts, pecans	28.35	1 oz (20 halves)	3
01057	Eggnog	254	1 cup	3
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	3
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	2
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	2
09128	Grapefruit juice, white, raw	247	1 cup	2
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	2
18324	Pie, pecan, commercially prepared	113	1 piece	2
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	2
11001	Alfalfa seeds, sprouted, raw	33	1 cup	2
09193	Olives, ripe, canned (small-extra large)	22	5 large	2
09153	Lemon juice, canned or bottled	15.2	1 tbsp	2
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	2
18005	Bagels, cinnamon-raisin	89	4" bagel	2
18360	Taco shells, baked	13.3	1 medium	2
09181	Melons, cantaloupe, raw	160	1 cup	2
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	2
19294	Fruit butters, apple	17	1 tbsp	2
11672	Potato pancakes	76	1 pancake	2
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	1
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	1
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	1

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08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	1
02030	Spices, pepper, black	2.1	1 tsp	1
18090	Cake, boston cream pie, commercially prepared	92	1 piece	1
02027	Spices, oregano, dried	1.5	1 tsp	1
11090	Broccoli, raw	88	1 cup	1
19089	Ice creams, vanilla, rich	74	1/2 cup	1
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	1
11333	Peppers, sweet, green, raw	10	1 ring	1
09181	Melons, cantaloupe, raw	69	1/8 melon	1
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	1
05292	Turkey patties, breaded, battered, fried	64	1 patty	1
18133	Cake, sponge, commercially prepared	30	1 shortcake	1
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	1
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	1
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	1
18239	Croissants, butter	57	1 croissant	1
18110	Cake, fruitcake, commercially prepared	43	1 piece	0
02029	Spices, parsley, dried	1.3	1 tbsp	0
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	0
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0
18060	Bread, rye	32	1 slice	0
11090	Broccoli, raw	31	1 spear	0
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	0
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0
18061	Bread, rye, toasted	24	1 slice	0
18053	Bread, reduced-calorie, rye	23	1 slice	0
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0
09184	Melons, honeydew, raw	170	1 cup	0
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0
20083	Wheat flour, white, bread, enriched	137	1 cup	0
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0
09050	Blueberries, raw	145	1 cup	0
20084	Wheat flour, white, cake, enriched	137	1 cup	0
20089	Wild rice, cooked	164	1 cup	0
20100	Macaroni, cooked, enriched	140	1 cup	0
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	0
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0