

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11546	Tomato products, canned, paste, without salt added	262	1 cup	75362
11547	Tomato products, canned, puree, without salt added	250	1 cup	54385
11549	Tomato products, canned, sauce	245	1 cup	34249
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	31638
11578	Vegetable juice cocktail, canned	242	1 cup	23377
11540	Tomato juice, canned, with salt added	243	1 cup	21960
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	19326
22402	Beef Macaroni, frozen entree	240	1 package	13284
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	13047
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	13042
09326	Watermelon, raw	286	1 wedge	12962
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	10424
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	10377
22401	Spaghetti with meat sauce, frozen entree	283	1 package	9056
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	7679
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	7362
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	7087
09326	Watermelon, raw	152	1 cup	6889
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	6641
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	4631
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	3165
11935	Catsup	15	1 tbsp	2506
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	2326
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	2074
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	1745
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	1682
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	1298
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	1152
16008	Beans, baked, canned, with franks	259	1 cup	1059
11935	Catsup	6	1 packet	1003
11955	Tomatoes, sun-dried	2	1 piece	918
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	815
06150	Sauce, barbecue	15.75	1 tbsp	698
04015	Salad dressing, russian dressing	15.3	1 tbsp	547
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	515
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	474
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	444
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	437
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	412
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	405
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	102
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	61
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	58
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	43
11012	Asparagus, cooked, boiled, drained	60	4 spears	18
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	17
11015	Asparagus, canned, drained solids	72	4 spears	17
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	14

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11112	Cabbage, red, raw	70	1 cup	14
22905	Beef stew, canned entree	232	1 cup	7
02029	Spices, parsley, dried	1.3	1 tbsp	5
11655	Carrot juice, canned	236	1 cup	5
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	4
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	4
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	2
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	2
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	2
11124	Carrots, raw	110	1 cup	1
11124	Carrots, raw	72	1 carrot	1
02009	Spices, chili powder	2.6	1 tsp	1
18360	Taco shells, baked	13.3	1 medium	0
02010	Spices, cinnamon, ground	2.3	1 tsp	0
02030	Spices, pepper, black	2.1	1 tsp	0
09298	Raisins, seedless	14	1 packet	0
09252	Pears, raw	166	1 pear	0
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0
09294	Prune juice, canned	256	1 cup	0
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0
09277	Plantains, raw	179	1 medium	0
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0
09302	Raspberries, raw	123	1 cup	0
09306	Raspberries, frozen, red, sweetened	250	1 cup	0
09298	Raisins, seedless	145	1 cup	0
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0
09266	Pineapple, raw, all varieties	155	1 cup	0
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0
09291	Plums, dried (prunes), uncooked	42	5 prunes	0
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0
09279	Plums, raw	66	1 plum	0
09278	Plantains, cooked	154	1 cup	0
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0
09150	Lemons, raw, without peel	58	1 lemon	0
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	0