

USDA National Nutrient Database for Standard Reference, Release 20

Riboflavin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.053
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0.089
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.003
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.002
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.002
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.002
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.006
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.024
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.019
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.019
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.032
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.015
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.042
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.042
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.051
09003	Apples, raw, with skin	138	1 apple	0.036
09004	Apples, raw, without skin	110	1 cup	0.031
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.071
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.061
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.035
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.057
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.046
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.026
09021	Apricots, raw	35	1 apricot	0.014
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.107
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.150
11015	Asparagus, canned, drained solids	72	4 spears	0.072
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.083
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.062
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.185
09038	Avocados, raw, California	28.35	1 oz	0.041
09039	Avocados, raw, Florida	28.35	1 oz	0.015
18005	Bagels, cinnamon-raisin	89	4" bagel	0.247
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.197
18003	Bagels, egg	89	4" bagel	0.209
18003	Bagels, egg	71	3-1/2" bagel	0.167
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.185
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.231
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.079
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.028
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.034
09040	Bananas, raw	118	1 banana	0.086
09040	Bananas, raw	150	1 cup	0.110
20006	Barley, pearled, cooked	157	1 cup	0.097
20005	Barley, pearled, raw	200	1 cup	0.228
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.099

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16008	Beans, baked, canned, with franks	259	1 cup	0.145
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	0.149
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	0.116
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.101
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.104
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.220
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.103
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.120
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.106
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.081
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.121
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.122
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.076
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.121
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.122
16051	Beans, white, mature seeds, canned	262	1 cup	0.097
22402	Beef Macaroni, frozen entree	240	1 package	0.156
22905	Beef stew, canned entree	232	1 cup	0.142
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	0.204
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.238
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.125
13350	Beef, cured, dried	28.35	1 oz	0.046
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.152
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.151
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.150
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.145
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.179
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.148
23605	Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.165
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.128
23598	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.143
13930	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.111
23610	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.127
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	2.911
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.416
11084	Beets, canned, drained solids	24	1 beet	0.010
11084	Beets, canned, drained solids	170	1 cup	0.068
11081	Beets, cooked, boiled, drained	50	1 beet	0.020
11081	Beets, cooked, boiled, drained	170	1 cup	0.068
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	0.186
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	0.313
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.083
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.049

USDA National Nutrient Database for Standard Reference, Release 20

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09042	Blackberries, raw	144	1 cup	0.037
09055	Blueberries, frozen, sweetened	230	1 cup	0.120
09050	Blueberries, raw	145	1 cup	0.059
07008	Bologna, beef and pork	56.7	2 slices	0.105
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.865
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.114
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	0.498
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	0.107
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.120
18023	Bread, cornbread, dry mix, prepared	60	1 piece	0.162
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	0.191
18025	Bread, cracked-wheat	25	1 slice	0.060
18027	Bread, egg	40	1/2" slice	0.174
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.072
18033	Bread, italian	20	1 slice	0.058
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	0.034
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	0.034
18039	Bread, oatmeal	27	1 slice	0.065
18040	Bread, oatmeal, toasted	25	1 slice	0.059
18041	Bread, pita, white, enriched	28	4" pita	0.092
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.196
18044	Bread, pumpernickel	32	1 slice	0.098
18045	Bread, pumpernickel, toasted	29	1 slice	0.087
18047	Bread, raisin, enriched	26	1 slice	0.103
18048	Bread, raisin, toasted, enriched	24	1 slice	0.094
18053	Bread, reduced-calorie, rye	23	1 slice	0.055
18055	Bread, reduced-calorie, wheat	23	1 slice	0.068
18057	Bread, reduced-calorie, white	23	1 slice	0.066
18060	Bread, rye	32	1 slice	0.107
18061	Bread, rye, toasted	24	1 slice	0.080
18064	Bread, wheat	25	1 slice	0.078
18065	Bread, wheat, toasted	23	1 slice	0.088
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.083
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.149
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.074
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.060
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.071
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.192
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.046
11740	Broccoli, flower clusters, raw	11	1 floweret	0.013
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.149
11090	Broccoli, raw	88	1 cup	0.103
11090	Broccoli, raw	31	1 spear	0.036
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.125
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.175
20011	Buckwheat flour, whole-groat	120	1 cup	0.228
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.066
20013	Bulgur, cooked	182	1 cup	0.051

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20012	Bulgur, dry	140	1 cup	0.161
01001	Butter, salted	14.2	1 tbsp	0.005
01145	Butter, without salt	14.2	1 tbsp	0.005
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.107
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.052
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.057
11109	Cabbage, raw	70	1 cup	0.028
11112	Cabbage, red, raw	70	1 cup	0.048
11114	Cabbage, savoy, raw	70	1 cup	0.021
18086	Cake, angelfood, commercially prepared	28	1 piece	0.137
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.101
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.248
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	0.085
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	0.202
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.043
18116	Cake, gingerbread, prepared from recipe	74	1 piece	0.120
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	0.179
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.064
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.085
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	0.177
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0.038
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.057
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.057
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.081
18134	Cake, sponge, prepared from recipe	63	1 piece	0.190
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0.212
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.179
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	0.100
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.045
19074	Candies, caramels	10.1	1 piece	0.026
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.005
19071	Candies, carob, unsweetened	28.35	1 oz	0.050
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.014
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.018
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.013
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.012
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.010
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.003
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.001
19107	Candies, hard	6	1 piece	0.000
19107	Candies, hard	3	1 small piece	0.000
19108	Candies, jellybeans	28.35	10 large	0.003
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.088
19116	Candies, marshmallows	50	1 cup	0.001
19141	Candies, MASTERFOODS USA, M&M's Milk Chocolate Candies	7	10 pieces	0.015
19140	Candies, MASTERFOODS USA, M&M's Peanut Chocolate Candies	20	10 pieces	0.021
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	61	1 bar (2.15 oz)	0.063
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	18	1 fun size bar	0.019

USDA National Nutrient Database for Standard Reference, Release 20

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19155	Candies, MASTERFOODS USA, SNICKERS Bar	57	1 bar (2 oz)	0.074
19156	Candies, MASTERFOODS USA, STARBURST Fruit Chews, Original fruits	5	1 piece	0.000
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.131
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.070
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.016
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.178
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.069
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.004
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.050
19080	Candies, semisweet chocolate	168	1 cup	0.151
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.001
19087	Candies, white chocolate	170	1 cup	0.479
09060	Carambola, (starfruit), raw	91	1 fruit	0.015
09060	Carambola, (starfruit), raw	108	1 cup	0.017
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
14142	Carbonated beverage, grape soda	372	12 fl oz	0.000
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.082
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
14150	Carbonated beverage, orange	372	12 fl oz	0.000
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0.000
16055	Carob flour	8	1 tbsp	0.037
11655	Carrot juice, canned	236	1 cup	0.130
11960	Carrots, baby, raw	10	1 medium	0.004
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.044
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.069
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.054
11124	Carrots, raw	72	1 carrot	0.042
11124	Carrots, raw	110	1 cup	0.064
11935	Catsup	6	1 packet	0.008
11935	Catsup	15	1 tbsp	0.020
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.064
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.028
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.095
11135	Cauliflower, raw	13	1 floweret	0.008
11135	Cauliflower, raw	100	1 cup	0.063
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.071
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.018
11143	Celery, raw	40	1 stalk	0.023
11143	Celery, raw	120	1 cup	0.068
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.426
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.424
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.426

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08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.482
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.608
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.426
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.426
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.426
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.456
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.426
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.424
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.600
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.572
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0.424
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.426
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.425
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	1.701
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	1.700
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.426
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.255
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.849
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	1.701
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0.813
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.660
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.704
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	1.711
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.739
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.434
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	1.253
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.608
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.587
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0.457
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS	27	3/4 cup	0.432
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	1.710
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.976
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.734
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.420
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.589
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.423
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.489
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.471
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.467
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.100
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	0.128
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.499
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.477

USDA National Nutrient Database for Standard Reference, Release 20

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	0.764
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.252
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.058
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.216
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0.059
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.133
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.133
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.284
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0.000
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.073
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal plu	0.279
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	0.381
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	0.037
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.186
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0.341
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.346
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0.049
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.147
01164	Cheese sauce, prepared from recipe	243	1 cup	0.590
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.122
01004	Cheese, blue	28.35	1 oz	0.108
01007	Cheese, camembert	38	1 wedge	0.185
01009	Cheese, cheddar	28.35	1 oz	0.106
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.342
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.321
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.373
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.418
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.206
01017	Cheese, cream	14.5	1 tbsp	0.029
01186	Cheese, cream, fat free	15.6	1 tbsp	0.027
01019	Cheese, feta	28.35	1 oz	0.239
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.063
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.093
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.080
01030	Cheese, muenster	28.35	1 oz	0.091
01031	Cheese, neufchatel	28.35	1 oz	0.055
01032	Cheese, parmesan, grated	5	1 tbsp	0.024
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.100
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.078
01035	Cheese, provolone	28.35	1 oz	0.091
01037	Cheese, ricotta, part skim milk	246	1 cup	0.455
01036	Cheese, ricotta, whole milk	246	1 cup	0.480
01040	Cheese, swiss	28.35	1 oz	0.084

USDA National Nutrient Database for Standard Reference, Release 20

Riboflavin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18147	Cheesecake commercially prepared	80	1 piece	0.154
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.100
09070	Cherries, sweet, raw	68	10 cherries	0.022
22906	Chicken pot pie, frozen entree	217	1 small pie	0.356
07017	Chicken roll, light meat	56.7	2 slices	0.093
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	0.204
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	0.128
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.098
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	0.209
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	0.155
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.110
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.103
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	1.525
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.106
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.051
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	0.195
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.120
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.074
05277	Chicken, canned, meat only, with broth	142	5 oz	0.183
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.391
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.388
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	0.079
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.103
22904	Chili con carne with beans, canned entree	222	1 cup	0.222
11156	Chives, raw	3	1 tbsp	0.003
14181	Chocolate syrup	18.75	1 tbsp	0.009
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.032
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.479
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.210
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.160
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.161
14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	0.209
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.013
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.135
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.106
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.002
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	0.144
11159	Coleslaw, home-prepared	120	1 cup	0.074
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.201
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.196
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.118
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.031
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.017
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.023

USDA National Nutrient Database for Standard Reference, Release 20

Riboflavin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.027
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.028
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.050
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.015
18170	Cookies, fig bars	16	1 cookie	0.035
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.264
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.044
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.084
18177	Cookies, molasses	15	1 cookie, medium	0.040
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.027
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.058
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.034
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.025
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.027
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.042
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.031
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.026
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.032
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.036
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.018
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.024
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.036
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.013
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.055
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.136
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.153
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.055
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.102
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.043
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.574
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0.534
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.245
20027	Cornstarch	8.064	1 tbsp	0.000
20029	Couscous, cooked	157	1 cup	0.042
20028	Couscous, dry	173	1 cup	0.135
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.244
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0.109
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.178
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.095
18214	Crackers, cheese, regular	10	10 crackers	0.043
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.021
18217	Crackers, matzo, plain	28.35	1 matzo	0.082
18220	Crackers, melba toast, plain	20	4 pieces	0.055
18226	Crackers, rye, wafers, plain	11	1 wafer	0.032
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.054

USDA National Nutrient Database for Standard Reference, Release 20

Riboflavin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18229	Crackers, standard snack-type, regular	12	4 crackers	0.041
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.048
18232	Crackers, wheat, regular	8	4 crackers	0.026
18235	Crackers, whole-wheat	16	4 crackers	0.016
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.000
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.012
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.000
01069	Cream substitute, powdered	2	1 tsp	0.003
01049	Cream, fluid, half and half	15	1 tbsp	0.022
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.017
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.022
01052	Cream, fluid, light whipping	15	1 tbsp	0.019
01056	Cream, sour, cultured	12	1 tbsp	0.018
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.022
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.002
18239	Croissants, butter	57	1 croissant	0.137
18243	Croutons, seasoned	40	1 cup	0.168
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.047
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.068
15141	Crustaceans, crab, blue, canned	135	1 cup	0.113
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.043
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	0.048
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.056
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.013
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.061
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	0.116
11206	Cucumber, peeled, raw	119	1 cup	0.030
11206	Cucumber, peeled, raw	280	1 large	0.070
11205	Cucumber, with peel, raw	301	1 large	0.099
11205	Cucumber, with peel, raw	104	1 cup	0.034
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.184
18245	Danish pastry, cheese	71	1 danish	0.185
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	0.156
09087	Dates, deglet noor	178	1 cup	0.117
09087	Dates, deglet noor	41.5	5 dates	0.027
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.005
01072	Dessert topping, pressurized	4	1 tbsp	0.000
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.000
02045	Dill weed, fresh	1	5 sprigs	0.003
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.071
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.021
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.024
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.111
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	1.039
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	0.266
01143	Egg substitute, liquid	62.75	1/4 cup	0.188
01124	Egg, white, raw, fresh	33.4	1 large	0.147

USDA National Nutrient Database for Standard Reference, Release 20

Riboflavin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01128	Egg, whole, cooked, fried	46	1 large	0.238
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.257
01131	Egg, whole, cooked, poached	50	1 large	0.203
01132	Egg, whole, cooked, scrambled	61	1 large	0.267
01123	Egg, whole, raw, fresh	50	1 large	0.239
01123	Egg, whole, raw, fresh	58	1 extra large	0.277
01123	Egg, whole, raw, fresh	44	1 medium	0.210
01125	Egg, yolk, raw, fresh	16.6	1 large	0.088
01057	Eggnog	254	1 cup	0.483
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.020
11213	Endive, raw	50	1 cup	0.038
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.143
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.146
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	0.096
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	0.357
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	0.473
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	0.353
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	0.416
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	0.478
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166	1 sandwich	0.282
21092	Fast foods, cheeseburger; double, regular patty; plain	155	1 sandwich	0.437
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	195	1 sandwich	0.679
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	219	1 sandwich	0.615
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	0.215
21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	0.305
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	0.237
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.216
21042	Fast foods, chili con carne	253	1 cup	1.139
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	0.644
21043	Fast foods, clams, breaded and fried	115	3/4 cup	0.265
21127	Fast foods, coleslaw	99	3/4 cup	0.030
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	0.335
21015	Fast foods, danish pastry, cheese	91	1 pastry	0.209
21017	Fast foods, danish pastry, fruit	94	1 pastry	0.207
21074	Fast foods, enchilada, with cheese	163	1 enchilada	0.424
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	0.401
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	0.421
21024	Fast foods, french toast sticks	141	5 sticks	0.247
21023	Fast foods, french toast with butter	135	2 slices	0.500
21077	Fast foods, frijoles with cheese	167	1 cup	0.334
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226	1 sandwich	0.384
21111	Fast foods, hamburger; double, regular patty; with condiments	215	1 sandwich	0.409
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218	1 sandwich	0.371
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	0.197
21118	Fast foods, hotdog, plain	98	1 sandwich	0.274

USDA National Nutrient Database for Standard Reference, Release 20

Riboflavin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

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21119	Fast foods, hotdog, with chili	114	1 sandwich	0.399
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	0.700
21129	Fast foods, hush puppies	78	5 pieces	0.023
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.258
21078	Fast foods, nachos, with cheese	113	6-8 nachos	0.373
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.100
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	0.557
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.057
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0.113
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.090
21139	Fast foods, potato, mashed	80	1/3 cup	0.040
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.058
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	0.306
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	0.174
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	0.131
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	0.902
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	0.798
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	0.410
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	0.333
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.300
21082	Fast foods, taco	171	1 small	0.445
21082	Fast foods, taco	263	1 large	0.684
21083	Fast foods, taco salad	198	1-1/2 cups	0.356
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	0.495
09094	Figs, dried, uncooked	38	2 figs	0.031
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	0.113
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.067
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.043
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.033
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.067
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.145
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.097
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.068
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.038
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.145
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.077
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.118
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.067
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.114
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.065
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.046
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.071
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.125
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.054
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.086
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.158
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.265
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.145

USDA National Nutrient Database for Standard Reference, Release 20

Riboflavin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.193
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.099
15111	Fish, swordfish, cooked, dry heat	106	1 piece	0.123
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	0.068
15128	Fish, tuna salad	205	1 cup	0.144
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.102
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.063
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.037
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.048
07022	Frankfurter, beef	45	1 frank	0.066
07023	Frankfurter, beef and pork	45	1 frank	0.054
07024	Frankfurter, chicken	45	1 frank	0.116
18268	French toast, frozen, ready-to-heat	59	1 slice	0.225
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	0.209
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.006
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.115
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.014
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	0.012
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.000
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.152
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.161
19294	Fruit butters, apple	17	1 tbsp	0.003
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.047
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.038
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.057
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.088
35142	Frybread, made with lard (Navajo)	160	10-1/2" bread	0.347
35142	Frybread, made with lard (Navajo)	90	5" bread	0.195
11215	Garlic, raw	3	1 clove	0.003
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.008
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.000
14277	Grape drink, canned	250	8 fl oz	0.010
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.094
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.065
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.197
09404	Grapefruit juice, pink, raw	247	1 cup	0.049
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.058
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.049
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.054
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.161
09128	Grapefruit juice, white, raw	247	1 cup	0.049
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.038
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.024
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.051

USDA National Nutrient Database for Standard Reference, Release 20

Riboflavin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	0.112
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	0.035
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	0.021
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	0.026
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.038
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	0.048
07027	Ham, chopped, not canned	21	2 slices	0.043
07028	Ham, sliced, extra lean	56.7	2 slices	0.151
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.101
11961	Hearts of palm, canned	33	1 piece	0.019
19296	Honey	21	1 tbsp	0.008
02055	Horseradish, prepared	5	1 tsp	0.001
16158	Hummus, commercial	14	1 tbsp	0.009
19270	Ice creams, chocolate	66	1/2 cup	0.128
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.157
19095	Ice creams, vanilla	66	1/2 cup	0.158
19088	Ice creams, vanilla, light	66	1/2 cup	0.168
19089	Ice creams, vanilla, rich	74	1/2 cup	0.124
19297	Jams and preserves	20	1 tbsp	0.015
19300	Jellies	19	1 tbsp	0.005
11226	Jerusalem-artichokes, raw	150	1 cup	0.090
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.091
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.148
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	0.259
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.019
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.033
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.230
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.247
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.213
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.238
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.179
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.196
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.213
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.230
04002	Lard	12.8	1 tbsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.000
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.383
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.219
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.192

USDA National Nutrient Database for Standard Reference, Release 20

Riboflavin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.021
09153	Lemon juice, canned or bottled	244	1 cup	0.022
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.001
09152	Lemon juice, raw	47	juice of 1 lemon	0.005
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.052
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.000
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.003
09150	Lemons, raw, without peel	58	1 lemon	0.012
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.145
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.101
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.005
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.007
11251	Lettuce, cos or romaine, raw	56	1 cup	0.038
11253	Lettuce, green leaf, raw	10	1 leaf	0.008
11253	Lettuce, green leaf, raw	56	1 cup	0.045
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.014
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.002
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.135
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.099
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.104
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.082
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.103
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.007
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.000
09160	Lime juice, raw	38	juice of 1 lime	0.006
22247	Macaroni and Cheese, canned entree	252	1 cup	0.287
20100	Macaroni, cooked, enriched	140	1 cup	0.190
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.863
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	1.317
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.756
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	1.206
09176	Mangos, raw	207	1 mango	0.118
09176	Mangos, raw	165	1 cup	0.094
04613	Margarine, margarine-like vegetable oil spread, 60% fat, tub	4.8	1 tsp	0.001
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.000
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.005
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.001
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.004
04585	Margarine-butter blend, soybean oil and butter	14.2	1 tbsp	0.003
04128	Margarine-like spread, (approximately 37% fat), unspecified oils	4.8	1 tsp	0.000
09181	Melons, cantaloupe, raw	160	1 cup	0.030
09181	Melons, cantaloupe, raw	69	1/8 melon	0.013
09184	Melons, honeydew, raw	160	1/8 melon	0.019
09184	Melons, honeydew, raw	170	1 cup	0.020
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.666

USDA National Nutrient Database for Standard Reference, Release 20

Riboflavin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01111	Milk shakes, thick vanilla	313	11 fl oz	0.610
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.103
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.377
01095	Milk, canned, condensed, sweetened	306	1 cup	1.273
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.791
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0.796
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.415
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0.458
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	0.405
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.401
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.451
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.446
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.451
01077	Milk, whole, 3.25% milkfat	244	1 cup	0.447
16112	Miso	68.75	1 cup	0.160
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.362
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.181
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	0.172
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.080
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	0.102
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	0.100
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	0.165
18279	Muffins, corn, commercially prepared	57	1 muffin	0.186
18280	Muffins, corn, dry mix, prepared	50	1 muffin	0.138
18283	Muffins, oat bran	57	1 muffin	0.054
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.098
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.126
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.129
11264	Mushrooms, canned, drained solids	156	1 cup	0.033
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.468
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.247
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.046
11260	Mushrooms, white, raw	70	1 cup	0.281
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.088
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.002
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.027
09191	Nectarines, raw	136	1 nectarine	0.037
20113	Noodles, chinese, chow mein	45	1 cup	0.189
20110	Noodles, egg, cooked, enriched	160	1 cup	0.218
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.197
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.287
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.010
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.057
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.062
12167	Nuts, chestnuts, european, roasted	143	1 cup	0.250
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.019
12104	Nuts, coconut meat, raw	45	1 piece	0.009

USDA National Nutrient Database for Standard Reference, Release 20

Riboflavin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0.032
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.025
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0.057
12637	Nuts, mixed nuts, with peanuts, oil roasted, with salt added	28.35	1 oz	0.063
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.037
12147	Nuts, pine nuts, dried	28.35	1 oz	0.064
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.020
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.045
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.043
20034	Oat bran, cooked	219	1 cup	0.074
20033	Oat bran, raw	94	1 cup	0.207
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.000
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.000
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.000
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.000
04582	Oil, vegetable, canola	14	1 tbsp	0.000
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0.000
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0.000
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.088
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.226
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.000
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0.084
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.022
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.048
11284	Onions, dehydrated flakes	5	1 tbsp	0.005
11282	Onions, raw	110	1 whole	0.030
11282	Onions, raw	14	1 slice	0.004
11282	Onions, raw	160	1 cup	0.043
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.012
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.080
09207	Orange juice, canned, unsweetened	249	1 cup	0.070
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.052
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.045
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.136
09206	Orange juice, raw	86	juice from 1 orange	0.026
09206	Orange juice, raw	248	1 cup	0.074
09200	Oranges, raw, all commercial varieties	180	1 cup	0.072
09200	Oranges, raw, all commercial varieties	131	1 orange	0.052
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.184
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.082
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.118
09226	Papayas, raw	140	1 cup	0.045
09226	Papayas, raw	304	1 papaya	0.097
11297	Parsley, raw	10	10 sprigs	0.010
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.080

USDA National Nutrient Database for Standard Reference, Release 20

Riboflavin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	0.156
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.063
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.024
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.017
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.042
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.083
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.088
09236	Peaches, raw	98	1 peach	0.030
09236	Peaches, raw	170	1 cup	0.053
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.018
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.017
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.028
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.028
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.025
09340	Pears, asian, raw	275	1 pear	0.028
09340	Pears, asian, raw	122	1 pear	0.012
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.017
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.059
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.027
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.008
09252	Pears, raw	166	1 pear	0.042
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	0.122
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.190
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	0.133
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.160
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.110
11670	Peppers, hot chili, green, raw	45	1 pepper	0.041
11819	Peppers, hot chili, red, raw	45	1 pepper	0.039
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.010
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.041
11333	Peppers, sweet, green, raw	149	1 cup	0.042
11333	Peppers, sweet, green, raw	119	1 pepper	0.033
11333	Peppers, sweet, green, raw	10	1 ring	0.003
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.041
11821	Peppers, sweet, red, raw	149	1 cup	0.127
11821	Peppers, sweet, red, raw	119	1 pepper	0.101
11945	Pickle relish, sweet	15	1 tbsp	0.005
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	0.019
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	0.418
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	0.480
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.499
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.008
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.012
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0.032
18302	Pie, apple, prepared from recipe	155	1 piece	0.166
18305	Pie, blueberry, commercially prepared	117	1 piece	0.035
18306	Pie, blueberry, prepared from recipe	147	1 piece	0.194
18308	Pie, cherry, commercially prepared	117	1 piece	0.034

USDA National Nutrient Database for Standard Reference, Release 20

Riboflavin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

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18309	Pie, cherry, prepared from recipe	180	1 piece	0.225
18310	Pie, chocolate creme, commercially prepared	113	1 piece	0.121
18316	Pie, coconut custard, commercially prepared	104	1 piece	0.154
18444	Pie, fried pies, cherry	128	1 pie	0.136
18319	Pie, fried pies, fruit	128	1 pie	0.136
18320	Pie, lemon meringue, commercially prepared	113	1 piece	0.236
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	0.202
18324	Pie, pecan, commercially prepared	113	1 piece	0.138
18325	Pie, pecan, prepared from recipe	122	1 piece	0.220
18326	Pie, pumpkin, commercially prepared	109	1 piece	0.167
18327	Pie, pumpkin, prepared from recipe	155	1 piece	0.312
11943	Pimento, canned	12	1 tbsp	0.007
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.040
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.048
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.053
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.064
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.012
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.009
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.047
09266	Pineapple, raw, all varieties	155	1 cup	0.050
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	0.163
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	0.184
09278	Plantains, cooked	154	1 cup	0.080
09277	Plantains, raw	179	1 medium	0.097
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.017
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.098
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.149
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.027
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.248
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.078
09279	Plums, raw	66	1 plum	0.017
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.038
07064	Pork sausage, fresh, cooked	27	1 patty	0.053
07064	Pork sausage, fresh, cooked	26	2 links	0.051
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.050
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.092
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.213
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.188
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.216
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.170
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.266
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.297
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.199
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.257
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.207
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.278

USDA National Nutrient Database for Standard Reference, Release 20

Riboflavin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.255
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.269
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0.241
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.261
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.306
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.325
11672	Potato pancakes	76	1 pancake	0.131
11399	Potato puffs, frozen, oven-heated	79	10 puffs	0.025
11414	Potato salad, home-prepared	250	1 cup	0.150
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.097
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	0.198
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	0.284
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.033
11364	Potatoes, baked, skin, without salt	58	1 skin	0.061
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.027
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.030
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.026
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	0.016
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.006
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0.051
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	0.120
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.090
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	0.092
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	0.137
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	0.225
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.138
09294	Prune juice, canned	256	1 cup	0.179
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.216
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.249
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.081
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.082
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.110
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.204
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.080
11424	Pumpkin, canned, without salt	245	1 cup	0.132
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.191
11429	Radishes, raw	4.5	1 radish	0.002
09298	Raisins, seedless	14	1 packet	0.018
09298	Raisins, seedless	145	1 cup	0.181
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.113
09302	Raspberries, raw	123	1 cup	0.047
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0.040
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.055
20037	Rice, brown, long-grain, cooked	195	1 cup	0.049

USDA National Nutrient Database for Standard Reference, Release 20

Riboflavin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.033
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.083
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.013
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.021
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.091
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.105
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.137
18353	Rolls, hard (includes kaiser)	57	1 roll	0.192
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.070
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.015
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.008
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.008
04133	Salad dressing, french, home recipe	14	1 tbsp	0.003
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.024
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.000
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.003
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.002
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.008
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.007
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.002
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.007
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.009
07069	Salami, cooked, beef and pork	56.7	2 slices	0.202
07072	Salami, dry or hard, pork, beef	20	2 slices	0.057
02047	Salt, table	6	1 tsp	0.000
07073	Sandwich spread, pork, beef	15	1 tbsp	0.020
06150	Sauce, barbecue	15.75	1 tbsp	0.005
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.072
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.035
06166	Sauce, homemade, white, medium	250	1 cup	0.463
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	0.153
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.004
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	0.005
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.013
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.052
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	0.017
11445	Seaweed, kelp, raw	10	2 tbsp	0.015
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.034
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0.090
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.071
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.007
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.079
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.070
14346	Shake, fast food, chocolate	333	16 fl oz	0.816
14347	Shake, fast food, vanilla	333	16 fl oz	2.198
11677	Shallots, raw	10	1 tbsp	0.002
19097	Sherbet, orange	74	1/2 cup	0.072

USDA National Nutrient Database for Standard Reference, Release 20

Riboflavin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

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04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.000
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.028
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	0.141
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.060
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.181
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.048
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.028
19014	Snacks, fruit leather, rolls	21	1 large	0.004
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.034
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.060
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.023
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.046
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit-filled	37	1 bar	0.407
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.300
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.040
19034	Snacks, popcorn, air-popped	8	1 cup	0.007
19036	Snacks, popcorn, cakes	10	1 cake	0.018
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.053
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.025
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.027
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	0.006
19041	Snacks, pork skins, plain	28.35	1 oz	0.080
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0.061
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0.017
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.034
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.028
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.065
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.056
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.076
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	0.057
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.192
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.015
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	0.011
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.078
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	0.028
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	0.327
19061	Snacks, trail mix, tropical	140	1 cup	0.161
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	0.146
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	0.030
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.015
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241	1 cup	0.029
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	0.059
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	0.108
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	0.076
06024	Soup, chicken vegetable, chunky, canned, ready-to-serve	240	1 cup	0.166

USDA National Nutrient Database for Standard Reference, Release 20

Riboflavin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	0.024
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	0.151
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	0.065
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.039
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.436
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248	1 cup	0.258
06416	Soup, cream of chicken, canned, prepared with equal volume water	244	1 cup	0.061
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.293
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	0.054
06440	Soup, minestrone, canned, prepared with equal volume water	241	1 cup	0.043
06094	Soup, onion, dry, mix	39	1 packet	0.107
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	0.030
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	0.063
06174	Soup, stock, fish, home-prepared	233	1 cup	0.177
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.312
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.076
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	0.049
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	0.046
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.020
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.026
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	0.279
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0.490
16120	Soymilk, original and vanilla, unfortified	245	1 cup	0.169
22401	Spaghetti with meat sauce, frozen entree	283	1 package	3.772
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.190
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.063
02007	Spices, celery seed	2	1 tsp	0.006
02009	Spices, chili powder	2.6	1 tsp	0.021
02010	Spices, cinnamon, ground	2.3	1 tsp	0.001
02015	Spices, curry powder	2	1 tsp	0.006
02020	Spices, garlic powder	2.8	1 tsp	0.004
02026	Spices, onion powder	2.1	1 tsp	0.001
02027	Spices, oregano, dried	1.5	1 tsp	0.005
02028	Spices, paprika	2.1	1 tsp	0.037
02029	Spices, parsley, dried	1.3	1 tbsp	0.016
02030	Spices, pepper, black	2.1	1 tsp	0.005
11658	Spinach souffle	136	1 cup	0.363
11461	Spinach, canned, drained solids	214	1 cup	0.295
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.425
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.334
11457	Spinach, raw	30	1 cup	0.057
11457	Spinach, raw	10	1 leaf	0.019
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.074
11641	Squash, summer, all varieties, raw	113	1 cup	0.160
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.137
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.094

USDA National Nutrient Database for Standard Reference, Release 20

Riboflavin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.130
09316	Strawberries, raw	166	1 cup	0.037
09316	Strawberries, raw	18	1 strawberry	0.004
09316	Strawberries, raw	12	1 strawberry	0.003
19334	Sugars, brown	3.2	1 tsp	0.000
19335	Sugars, granulated	4.2	1 tsp	0.001
19336	Sugars, powdered	8	1 tbsp	0.002
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	0.074
11512	Sweet potato, canned, vacuum pack	255	1 cup	0.145
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	0.155
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0.073
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	0.044
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	0.159
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.073
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.017
19350	Syrups, corn, light	20	1 tbsp	0.000
19353	Syrups, maple	20	1 tbsp	0.002
19129	Syrups, table blends, pancake	20	1 tbsp	0.002
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.000
18360	Taco shells, baked	13.3	1 medium	0.011
09223	Tangerine juice, canned, sweetened	249	1 cup	0.050
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.111
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.030
20068	Tapioca, pearl, dry	152	1 cup	0.000
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.025
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.007
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.007
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.005
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.000
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.007
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.288
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.283
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0.156
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.051
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.044
11954	Tomatillos, raw	34	1 medium	0.012
11540	Tomato juice, canned, with salt added	243	1 cup	0.075
11546	Tomato products, canned, paste, without salt added	262	1 cup	0.401
11547	Tomato products, canned, puree, without salt added	250	1 cup	0.200
11549	Tomato products, canned, sauce	245	1 cup	0.162
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	0.132
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.089
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.023
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.003
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.034

USDA National Nutrient Database for Standard Reference, Release 20

Riboflavin (mg) Content of Selected Foods per Common Measure, sorted alphabetically

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11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.004
11955	Tomatoes, sun-dried	2	1 piece	0.010
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.011
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.017
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.085
21088	Tostada with guacamole	130.5	1 tostada	0.287
05286	Turkey and gravy, frozen	142	5-oz package	0.180
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.122
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.139
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.208
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	2.179
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.108
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.255
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.292
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.104
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.121
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.036
02050	Vanilla extract	4.2	1 tsp	0.004
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.298
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.230
11578	Vegetable juice cocktail, canned	242	1 cup	0.068
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.078
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.218
02048	Vinegar, cider	15	1 tbsp	0.000
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	0.232
18367	Waffles, plain, prepared from recipe	75	1 waffle	0.260
14429	Water, tap, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.034
09326	Watermelon, raw	152	1 cup	0.032
09326	Watermelon, raw	286	1 wedge	0.060
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.618
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.518
20083	Wheat flour, white, bread, enriched	137	1 cup	0.701
20084	Wheat flour, white, cake, enriched	137	1 cup	0.589
20080	Wheat flour, whole-grain	120	1 cup	0.258
20089	Wild rice, cooked	164	1 cup	0.143
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	0.385
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.404
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.486
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.531
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.322