

USDA National Nutrient Database for Standard Reference, Release 16-1
Manganese, Mn (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	0.057
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.025
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.009
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.008
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.008
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.008
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.007
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.744
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.123
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.123
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.615
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.473
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.062
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.280
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.029
09003	Apples, raw, with skin	138	1 apple	0.048
09004	Apples, raw, without skin	110	1 cup	0.042
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.191
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.183
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.080
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.132
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.127
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.082
09021	Apricots, raw	35	1 apricot	0.027
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.435
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.311
11015	Asparagus, canned, drained solids	72	4 spears	0.122
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.092
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.252
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.084
09038	Avocados, raw, California	28.35	1 oz	0.042
09039	Avocados, raw, Florida	28.35	1 oz	0.027
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.622
18005	Bagels, cinnamon-raisin	89	4" bagel	0.780
18003	Bagels, egg	71	3-1/2" bagel	0.291
18003	Bagels, egg	89	4" bagel	0.365
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.383
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.481
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.468
19078	Baking chocolate, unsweetened, squares	28.35	1 square	1.181
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.206
09040	Bananas, raw	118	1 banana	0.319

USDA National Nutrient Database for Standard Reference, Release 16-1
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09040	Bananas, raw	150	1 cup	0.405
20006	Barley, pearled, cooked	157	1 cup	0.407
20005	Barley, pearled, raw	200	1 cup	2.644
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.879
16008	Beans, baked, canned, with franks	259	1 cup	1.088
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	0.939
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	1.240
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.764
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.917
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.620
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.844
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	1.012
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.922
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.270
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.356
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.436
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.270
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.368
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.436
16051	Beans, white, mature seeds, canned	262	1 cup	1.349
22905	Beef stew, canned entree	232	1 cup	0.332
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.014
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.015
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.012
13350	Beef, cured, dried	28.35	1 oz	0.007
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.009
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.009
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.010
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.011
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.014
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.014
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.015
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.013
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.014
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.014
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.014
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	0.303
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.740

USDA National Nutrient Database for Standard Reference, Release 16-1
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11084	Beets, canned, drained solids	170	1 cup	0.488
11084	Beets, canned, drained solids	24	1 beet	0.069
11081	Beets, cooked, boiled, drained	170	1 cup	0.554
11081	Beets, cooked, boiled, drained	50	1 beet	0.163
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	0.227
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	0.382
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.068
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.074
09042	Blackberries, raw	144	1 cup	0.930
09055	Blueberries, frozen, sweetened	230	1 cup	0.603
09050	Blueberries, raw	145	1 cup	0.487
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.088
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.261
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	0.918
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	0.169
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.125
18023	Bread, cornbread, dry mix, prepared	60	1 piece	0.130
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	0.077
18025	Bread, cracked-wheat	25	1 slice	0.343
18027	Bread, egg	40	1/2" slice	0.200
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.127
18031	Bread, indian (navajo) fry	90	5" bread	0.423
18031	Bread, indian (navajo) fry	160	10-1/2" bread	0.752
18033	Bread, italian	20	1 slice	0.093
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.386
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.388
18039	Bread, oatmeal	27	1 slice	0.254
18040	Bread, oatmeal, toasted	25	1 slice	0.256
18041	Bread, pita, white, enriched	28	4" pita	0.135
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.289
18044	Bread, pumpnickel	32	1 slice	0.418
18045	Bread, pumpnickel, toasted	29	1 slice	0.416
18047	Bread, raisin, enriched	26	1 slice	0.130
18048	Bread, raisin, toasted, enriched	24	1 slice	0.131
18053	Bread, reduced-calorie, rye	23	1 slice	0.104
18055	Bread, reduced-calorie, wheat	23	1 slice	0.196
18057	Bread, reduced-calorie, white	23	1 slice	0.090
18060	Bread, rye	32	1 slice	0.264
18061	Bread, rye, toasted	24	1 slice	0.217
18064	Bread, wheat (includes wheat berry)	25	1 slice	0.256
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.256
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.215
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.120

USDA National Nutrient Database for Standard Reference, Release 16-1
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.093
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.651
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.653
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	0.315
21023	Breakfast items, french toast with butter	135	2 slices	0.209
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.072
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.303
11740	Broccoli, flower clusters, raw	11	1 floweret	0.025
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.410
11090	Broccoli, raw	31	1 spear	0.065
11090	Broccoli, raw	88	1 cup	0.185
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.354
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.319
20011	Buckwheat flour, whole-groat	120	1 cup	2.436
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.677
20013	Bulgur, cooked	182	1 cup	1.108
20012	Bulgur, dry	140	1 cup	4.267
01001	Butter, salted	14.2	1 tbsp	0.000
01145	Butter, without salt	14.2	1 tbsp	0.001
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.245
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.182
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.176
11109	Cabbage, raw	70	1 cup	0.111
11112	Cabbage, red, raw	70	1 cup	0.170
11114	Cabbage, savoy, raw	70	1 cup	0.126
18086	Cake, angelfood, commercially prepared	28	1 piece	0.024
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.032
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.046
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	0.205
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	0.266
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.095
18116	Cake, gingerbread, prepared from recipe	74	1 piece	0.505
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	0.403
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.025
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.038
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	0.215
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0.165
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.071
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.096
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.063
18134	Cake, sponge, prepared from recipe	63	1 piece	0.105
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0.310
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.146

USDA National Nutrient Database for Standard Reference, Release 16-1
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	0.166
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.061
19074	Candies, caramels	10.1	1 piece	0.001
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.017
19071	Candies, carob	28.35	1 oz	0.040
19087	Candies, confectioner's coating, white	170	1 cup	0.005
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.072
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.168
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	0.071
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.001
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.007
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.002
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19107	Candies, hard	6	1 piece	0.001
19107	Candies, hard	3	1 small piece	0.000
19108	Candies, jellybeans	28.35	10 large	0.010
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.000
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.019
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.140
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	0.143
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.042
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	0.343
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.001
19116	Candies, marshmallows	50	1 cup	0.004
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.207
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.332
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.028
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.256
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.000
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.056
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.000
19080	Candies, semisweet chocolate	168	1 cup	1.344
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.000
09060	Carambola, (starfruit), raw	108	1 cup	0.089
09060	Carambola, (starfruit), raw	91	1 fruit	0.075
14121	Carbonated beverage, club soda	355	12 fl oz	0.004
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.067
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.048
14142	Carbonated beverage, grape soda	372	12 fl oz	0.048
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.048
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.000
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.060

USDA National Nutrient Database for Standard Reference, Release 16-1
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14150	Carbonated beverage, orange	372	12 fl oz	0.048
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.129
14157	Carbonated beverage, root beer	370	12 fl oz	0.048
16055	Carob flour	8	1 tbsp	0.041
11655	Carrot juice, canned	236	1 cup	0.307
11960	Carrots, baby, raw	10	1 medium	0.015
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.657
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.242
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.244
11124	Carrots, raw	72	1 carrot	0.103
11124	Carrots, raw	110	1 cup	0.157
11935	Catsup	6	1 packet	0.008
11935	Catsup	15	1 tbsp	0.019
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.171
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.075
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.270
11135	Cauliflower, raw	100	1 cup	0.156
11135	Cauliflower, raw	13	1 floweret	0.020
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.159
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.040
11143	Celery, raw	120	1 cup	0.124
11143	Celery, raw	40	1 stalk	0.041
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.424
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.912
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.156
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	1.023
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.821
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.033
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.191
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	0.305
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.213
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.753
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	2.704
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.289
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.639
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	1.305
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.293
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.307
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.029
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	2.550
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.018
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	1.100

USDA National Nutrient Database for Standard Reference, Release 16-1
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	1.188
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	2.223
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.089
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.341
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	1.224
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.046
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.076
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.528
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.205
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.076
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	1.533
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.452
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.176
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.378
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.853
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	1.422
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.181
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.169
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.180
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	1.343
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	1.030
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	0.928
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.806
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.874
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.210
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	1.421
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.211
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.044
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.044
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.000
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0.963
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	1.369
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.082
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	1.189
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.854
08143	Cereals, WHEATENA, cooked with water	243	1 cup	1.997

USDA National Nutrient Database for Standard Reference, Release 16-1
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.021
01164	Cheese sauce, prepared from recipe	243	1 cup	0.097
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.006
01004	Cheese, blue	28.35	1 oz	0.003
01007	Cheese, camembert	38	1 wedge	0.014
01009	Cheese, cheddar	28.35	1 oz	0.003
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.006
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.007
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.007
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.007
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.004
01017	Cheese, cream	14.5	1 tbsp	0.001
01186	Cheese, cream, fat free	15.6	1 tbsp	0.008
01019	Cheese, feta	28.35	1 oz	0.008
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.002
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.003
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.009
01030	Cheese, muenster	28.35	1 oz	0.002
01031	Cheese, neufchatel	28.35	1 oz	0.001
01032	Cheese, parmesan, grated	5	1 tbsp	0.004
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.002
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.004
01035	Cheese, provolone	28.35	1 oz	0.003
01037	Cheese, ricotta, part skim milk	246	1 cup	0.025
01036	Cheese, ricotta, whole milk	246	1 cup	0.015
01040	Cheese, swiss	28.35	1 oz	0.001
18147	Cheesecake commercially prepared	80	1 piece	0.112
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.185
09070	Cherries, sweet, raw	68	10 cherries	0.048
22906	Chicken pot pie, frozen entree	217	1 small pie	0.681
07017	Chicken roll, light meat	56.7	2 slices	0.007
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	0.076
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	0.025
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.015
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	0.028
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	0.037
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.014
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.009
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.289
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.017
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.009

USDA National Nutrient Database for Standard Reference, Release 16-1
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	0.049
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.011
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.029
05277	Chicken, canned, meat only, with broth	142	5 oz	0.021
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.070
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.031
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	1.450
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	1.689
22904	Chili con carne with beans, canned entree	222	1 cup	0.559
11156	Chives, raw	3	1 tbsp	0.011
14181	Chocolate syrup	18.75	1 tbsp	0.072
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.153
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.170
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.100
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.076
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.076
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.100
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.207
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.034
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.030
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.027
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	0.284
11159	Coleslaw, home-prepared	120	1 cup	0.116
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.828
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	1.127
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.072
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.089
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.009
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.045
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.045
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.106
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.123
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.053
18170	Cookies, fig bars	16	1 cookie	0.055
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.675
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.113
18177	Cookies, molasses	15	1 cookie, medium	0.189
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.402
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.087
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.210
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.063

USDA National Nutrient Database for Standard Reference, Release 16-1
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.148
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.042
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.114
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.086
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.034
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.002
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.044
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.043
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.044
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.029
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.010
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.149
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.174
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.141
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.149
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.254
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.089
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.145
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0.145
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.608
20027	Cornstarch	8.064	1 tbsp	0.004
20029	Couscous, cooked	157	1 cup	0.132
20028	Couscous, dry	173	1 cup	1.349
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.944
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	1.345
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.679
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.817
18214	Crackers, cheese, regular	10	10 crackers	0.063
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.058
18217	Crackers, matzo, plain	28.35	1 matzo	0.184
18220	Crackers, melba toast, plain	20	4 pieces	0.226
18226	Crackers, rye, wafers, plain	11	1 wafer	0.590
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.083
18229	Crackers, standard snack-type, regular	12	4 crackers	0.067
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.020
18232	Crackers, wheat, regular	8	4 crackers	0.142
18235	Crackers, whole-wheat	16	4 crackers	0.360
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.488
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.034
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.000

USDA National Nutrient Database for Standard Reference, Release 16-1
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01069	Cream substitute, powdered	2	1 tsp	0.004
01049	Cream, fluid, half and half	15	1 tbsp	0.000
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.000
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.000
01052	Cream, fluid, light whipping	15	1 tbsp	0.000
01056	Cream, sour, cultured	12	1 tbsp	0.000
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.000
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.000
18239	Croissants, butter	57	1 croissant	0.188
18243	Croutons, seasoned	40	1 cup	0.206
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.034
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.009
15141	Crustaceans, crab, blue, canned	135	1 cup	0.257
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.162
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	0.114
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.052
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.051
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	0.085
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.045
11206	Cucumber, peeled, raw	280	1 large	0.204
11206	Cucumber, peeled, raw	119	1 cup	0.087
11205	Cucumber, with peel, raw	301	1 large	0.238
11205	Cucumber, with peel, raw	104	1 cup	0.082
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.242
18245	Danish pastry, cheese	71	1 danish	0.249
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	0.180
09087	Dates, deglet noor	41.5	5 dates	0.109
09087	Dates, deglet noor	178	1 cup	0.466
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.000
01072	Dessert topping, pressurized	4	1 tbsp	0.002
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.002
02045	Dill weed, fresh	1	5 sprigs	0.013
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.048
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.160
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.158
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.034
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0.042
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	0.128
01143	Egg substitute, liquid	62.75	1/4 cup	0.004
01124	Egg, white, raw, fresh	33.4	1 large	0.004
01128	Egg, whole, cooked, fried	46	1 large	0.019
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.013
01131	Egg, whole, cooked, poached	50	1 large	0.020

USDA National Nutrient Database for Standard Reference, Release 16-1
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01132	Egg, whole, cooked, scrambled	61	1 large	0.013
01123	Egg, whole, raw, fresh	58	1 extra large	0.022
01123	Egg, whole, raw, fresh	44	1 medium	0.017
01123	Egg, whole, raw, fresh	50	1 large	0.019
01125	Egg, yolk, raw, fresh	16.6	1 large	0.009
01057	Eggnog	254	1 cup	0.013
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.112
11213	Endive, raw	50	1 cup	0.210
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.203
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.202
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	0.168
21049	Entrees, pizza with cheese	63	1 slice	0.232
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	0.119
21051	Entrees, pizza with pepperoni	71	1 slice	0.099
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	0.216
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	0.416
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	0.311
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	0.304
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	0.234
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	0.299
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	0.176
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	0.473
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.118
21042	Fast foods, chili con carne	253	1 cup	0.397
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	0.557
21043	Fast foods, clams, breaded and fried	115	3/4 cup	0.308
21127	Fast foods, coleslaw	99	3/4 cup	0.124
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	0.222
21015	Fast foods, danish pastry, cheese	91	1 pastry	0.350
21017	Fast foods, danish pastry, fruit	94	1 pastry	0.193
21074	Fast foods, enchilada, with cheese	163	1 enchilada	0.240
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	0.012
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	0.362
21024	Fast foods, french toast sticks	141	5 sticks	0.219
21077	Fast foods, frijoles with cheese	167	1 cup	0.503
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	0.249
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	0.325
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	0.366
21118	Fast foods, hotdog, plain	98	1 sandwich	0.091
21119	Fast foods, hotdog, with chili	114	1 sandwich	0.114
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	0.193

USDA National Nutrient Database for Standard Reference, Release 16-1
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21129	Fast foods, hush puppies	78	5 pieces	0.267
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.021
21078	Fast foods, nachos, with cheese	113	6-8 nachos	0.224
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.296
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	0.322
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.219
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.346
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0.436
21139	Fast foods, potato, mashed	80	1/3 cup	0.094
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.110
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	0.125
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	0.273
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	0.249
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	0.333
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	0.531
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	0.432
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	0.512
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.126
21082	Fast foods, taco	171	1 small	0.439
21082	Fast foods, taco	263	1 large	0.676
21083	Fast foods, taco salad	198	1-1/2 cups	0.331
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	0.360
09094	Figs, dried, uncooked	38	2 figs	0.194
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	0.034
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.017
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.013
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.135
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.066
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.025
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.017
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.026
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.045
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.017
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.032
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.034
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.010
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.017
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.012
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.017
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.030
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.017
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.016
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.014

USDA National Nutrient Database for Standard Reference, Release 16-1
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.017
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.031
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.017
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.092
15111	Fish, swordfish, cooked, dry heat	106	1 piece	0.021
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.017
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	0.017
15128	Fish, tuna salad	205	1 cup	0.082
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.013
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.009
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.016
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.016
07022	Frankfurter, beef	45	1 frank	0.037
07023	Frankfurter, beef and pork	45	1 frank	0.014
07024	Frankfurter, chicken	45	1 frank	0.007
18268	French toast, frozen, ready-to-heat	59	1 slice	0.145
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	0.122
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.091
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.000
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.127
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.087
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.009
19294	Fruit butters, apple	17	1 tbsp	0.071
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.357
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.346
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.208
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.160
11215	Garlic, raw	3	1 clove	0.050
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.003
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	0.068
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.911
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.443
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	1.333
09404	Grapefruit juice, pink, raw	247	1 cup	0.049
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.050
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	0.049
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.145
09128	Grapefruit juice, white, raw	247	1 cup	0.049

USDA National Nutrient Database for Standard Reference, Release 16-1
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.027
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.015
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.018
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.036
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0.114
06116	Gravy, beef, canned	58.25	1/4 cup	0.117
06119	Gravy, chicken, canned	59.5	1/4 cup	0.119
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.179
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	0.020
06125	Gravy, turkey, canned	59.6	1/4 cup	0.119
07027	Ham, chopped, not canned	21	2 slices	0.009
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	0.019
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.316
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	0.547
11961	Hearts of palm, canned	33	1 piece	0.460
19296	Honey	21	1 tbsp	0.017
02055	Horseradish, prepared	5	1 tsp	0.006
16158	Hummus, commercial	14	1 tbsp	0.108
19270	Ice creams, chocolate	66	1/2 cup	0.092
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.004
19095	Ice creams, vanilla	66	1/2 cup	0.005
19088	Ice creams, vanilla, light	66	1/2 cup	0.000
19089	Ice creams, vanilla, rich	74	1/2 cup	0.003
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0.023
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.004
19297	Jams and preserves	20	1 tbsp	0.008
19300	Jellies	19	1 tbsp	0.025
11226	Jerusalem-artichokes, raw	150	1 cup	0.090
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.541
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.585
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.074
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.234
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.020
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.024
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.019
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.024
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.016
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.024

USDA National Nutrient Database for Standard Reference, Release 16-1
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.020
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.024
04002	Lard	12.8	1 tbsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.001
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.001
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.021
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.006
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.039
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.022
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.034
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.257
09153	Lemon juice, canned or bottled	244	1 cup	0.049
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.003
09152	Lemon juice, raw	47	juice of 1 lemon	0.004
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.015
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.002
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.000
09150	Lemons, raw, without peel	58	1 lemon	0.017
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.978
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.013
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.292
11251	Lettuce, cos or romaine, raw	56	1 cup	0.087
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.016
11253	Lettuce, green leaf, raw	56	1 cup	0.140
11253	Lettuce, green leaf, raw	10	1 leaf	0.025
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.706
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.072
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.010
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	1.463
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	1.102
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.875
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.970
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.020
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.001
09160	Lime juice, raw	38	juice of 1 lime	0.003
20100	Macaroni, cooked, enriched	140	1 cup	0.399
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.132
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	0.140
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.089

USDA National Nutrient Database for Standard Reference, Release 16-1
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	0.098
09176	Mangos, raw	207	1 mango	0.056
09176	Mangos, raw	165	1 cup	0.045
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.000
09181	Melons, cantaloupe, raw	160	1 cup	0.066
09181	Melons, cantaloupe, raw	69	1/8 melon	0.028
09184	Melons, honeydew, raw	160	1/8 melon	0.043
09184	Melons, honeydew, raw	170	1 cup	0.046
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.117
01111	Milk shakes, thick vanilla	313	11 fl oz	0.044
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.001
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.005
01095	Milk, canned, condensed, sweetened	306	1 cup	0.018
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.015
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0.015
01102	Milk, chocolate, fluid, commercial,	250	1 cup	0.193
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.193
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0.188
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.005
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.007
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.007
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.007
01077	Milk, whole, 3.25% milkfat	244	1 cup	0.007
16112	Miso	68.75	1 cup	0.591
19305	Molasses, blackstrap	20	1 tbsp	0.522
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.850
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.425
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	0.417
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.308
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	0.130
18274	Muffins, blueberry, commercially prepared	57	1 muffin	0.251
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	0.178
18279	Muffins, corn, commercially prepared	57	1 muffin	0.202
18280	Muffins, corn, dry mix, prepared	50	1 muffin	0.111
18283	Muffins, oat bran	57	1 muffin	1.499
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.147
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.174
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.196
11264	Mushrooms, canned, drained solids	156	1 cup	0.134
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.179
11260	Mushrooms, raw	70	1 cup	0.032
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.296

USDA National Nutrient Database for Standard Reference, Release 16-1
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.042
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.384
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.015
09191	Nectarines, raw	136	1 nectarine	0.073
20113	Noodles, chinese, chow mein	45	1 cup	0.611
20110	Noodles, egg, cooked, enriched	160	1 cup	0.419
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.507
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.719
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.347
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.234
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.473
12167	Nuts, chestnuts, european, roasted	143	1 cup	1.687
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	2.302
12104	Nuts, coconut meat, raw	45	1 piece	0.675
12120	Nuts, hazelnuts or filberts	28.35	1 oz	1.751
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.861
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0.549
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	0.536
12142	Nuts, pecans	28.35	1 oz (20 halves)	1.276
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	2.495
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	0.757
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.361
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.968
20034	Oat bran, cooked	219	1 cup	2.111
20033	Oat bran, raw	94	1 cup	5.292
04053	Oil, olive, salad or cooking	13.5	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
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.470
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	1.879
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.004
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0.252
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.144
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.321
11284	Onions, dehydrated flakes	5	1 tbsp	0.069
11282	Onions, raw	110	1 whole	0.145
11282	Onions, raw	14	1 slice	0.018
11282	Onions, raw	160	1 cup	0.211
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.024
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.160
09207	Orange juice, canned, unsweetened	249	1 cup	0.035
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.057
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.035

USDA National Nutrient Database for Standard Reference, Release 16-1
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.102
09206	Orange juice, raw	248	1 cup	0.035
09206	Orange juice, raw	86	juice from 1 orange	0.012
09200	Oranges, raw, all commercial varieties	180	1 cup	0.045
09200	Oranges, raw, all commercial varieties	131	1 orange	0.033
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.092
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.103
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.053
09226	Papayas, raw	140	1 cup	0.015
09226	Papayas, raw	304	1 papaya	0.033
11297	Parsley, raw	10	10 sprigs	0.016
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.459
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	0.393
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.118
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.044
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.047
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.119
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.119
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.073
09236	Peaches, raw	98	1 peach	0.060
09236	Peaches, raw	170	1 cup	0.104
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.283
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.268
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.591
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.591
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.523
09340	Pears, asian, raw	122	1 pear	0.073
09340	Pears, asian, raw	275	1 pear	0.165
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.085
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.024
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.084
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.026
09252	Pears, raw	166	1 pear	0.081
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	0.269
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.448
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	0.515
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.446
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.776
11670	Peppers, hot chili, green, raw	45	1 pepper	0.107
11819	Peppers, hot chili, red, raw	45	1 pepper	0.084
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.030
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.156
11333	Peppers, sweet, green, raw	10	1 ring	0.012

USDA National Nutrient Database for Standard Reference, Release 16-1
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11333	Peppers, sweet, green, raw	119	1 pepper	0.145
11333	Peppers, sweet, green, raw	149	1 cup	0.182
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.156
11821	Peppers, sweet, red, raw	119	1 pepper	0.133
11821	Peppers, sweet, red, raw	149	1 cup	0.167
11945	Pickle relish, sweet	15	1 tbsp	0.002
11937	Pickles, cucumber, dill	65	1 pickle	0.010
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	1.107
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	0.775
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.774
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.020
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.022
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0.213
18302	Pie, apple, prepared from recipe	155	1 piece	0.287
18305	Pie, blueberry, commercially prepared	117	1 piece	0.206
18306	Pie, blueberry, prepared from recipe	147	1 piece	0.441
18308	Pie, cherry, commercially prepared	117	1 piece	0.164
18309	Pie, cherry, prepared from recipe	180	1 piece	0.360
18310	Pie, chocolate creme, commercially prepared	113	1 piece	0.226
18316	Pie, coconut custard, commercially prepared	104	1 piece	0.218
18444	Pie, fried pies, cherry	128	1 pie	0.287
18319	Pie, fried pies, fruit	128	1 pie	0.287
18320	Pie, lemon meringue, commercially prepared	113	1 piece	0.068
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	0.163
18324	Pie, pecan, commercially prepared	113	1 piece	0.892
18325	Pie, pecan, prepared from recipe	122	1 piece	0.869
18326	Pie, pumpkin, commercially prepared	109	1 piece	0.262
18327	Pie, pumpkin, prepared from recipe	155	1 piece	0.307
11943	Pimento, canned	12	1 tbsp	0.011
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	1.033
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.903
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	2.475
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.529
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	2.743
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.527
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	2.791
09266	Pineapple, raw, all varieties	155	1 cup	1.824
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.014
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.080
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.083
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.015
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.325
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.126

USDA National Nutrient Database for Standard Reference, Release 16-1
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09279	Plums, raw	66	1 plum	0.034
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.010
07064	Pork sausage, fresh, cooked	26	2 links	0.001
07064	Pork sausage, fresh, cooked	27	1 patty	0.001
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.004
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.013
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.022
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.012
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.014
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.008
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.027
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.031
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.003
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.009
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.009
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.010
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.009
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.009
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0.010
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.012
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.014
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.012
11672	Potato pancakes, home-prepared	76	1 pancake	0.312
11399	Potato puffs, frozen, prepared	79	10 puffs	0.214
11414	Potato salad, home-prepared	250	1 cup	0.253
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.442
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	0.319
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	0.394
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.251
11364	Potatoes, baked, skin, without salt	58	1 skin	0.357
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.188
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.189
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.218
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	0.131
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.065
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0.385
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	0.029
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.250

USDA National Nutrient Database for Standard Reference, Release 16-1
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	0.235
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	0.443
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	0.407
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.016
09294	Prune juice, canned	256	1 cup	0.387
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.091
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.061
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.078
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.143
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.008
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.006
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.005
11424	Pumpkin, canned, without salt	245	1 cup	0.365
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.218
11429	Radishes, raw	4.5	1 radish	0.003
09298	Raisins, seedless	145	1 cup	0.434
09298	Raisins, seedless	14	1 packet	0.042
09306	Raspberries, frozen, red, sweetened	250	1 cup	1.625
09302	Raspberries, raw	123	1 cup	0.824
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0.396
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.175
14342	Rice beverage, RICE DREAM, canned	245	1 cup	0.123
20037	Rice, brown, long-grain, cooked	195	1 cup	1.765
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.455
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	1.573
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.388
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.746
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	2.013
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.130
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.117
18353	Rolls, hard (includes kaiser)	57	1 roll	0.262
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.296
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.003
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.018
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.002
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.000
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.004
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.018
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.006
07069	Salami, cooked, beef and pork	56.7	2 slices	0.032
07072	Salami, dry or hard, pork, beef	20	2 slices	0.008
02047	Salt, table	6	1 tsp	0.006

USDA National Nutrient Database for Standard Reference, Release 16-1
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
07073	Sandwich spread, pork, beef	15	1 tbsp	0.004
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	0.332
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	0.225
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	0.349
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.047
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.006
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.041
06166	Sauce, homemade, white, medium	250	1 cup	0.108
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	0.005
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	0.550
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.002
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.016
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.000
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.356
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	0.005
11445	Seaweed, kelp, raw	10	2 tbsp	0.020
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.018
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0.855
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.218
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.114
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.675
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.598
14346	Shake, fast food, chocolate	333	16 fl oz	0.130
14347	Shake, fast food, vanilla	333	16 fl oz	0.047
11677	Shallots, raw	10	1 tbsp	0.029
19097	Sherbet, orange	74	1/2 cup	0.008
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.022
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	0.440
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.219
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.108
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.020
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.052
19014	Snacks, fruit leather, rolls	21	1 large	0.039
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.504
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.383
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.369
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.357
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.352
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.361
19034	Snacks, popcorn, air-popped	8	1 cup	0.075
19036	Snacks, popcorn, cakes	10	1 cake	0.099

USDA National Nutrient Database for Standard Reference, Release 16-1
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.321
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.077
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.078
19035	Snacks, popcorn, oil-popped	11	1 cup	0.097
19041	Snacks, pork skins, plain	28.35	1 oz	0.020
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0.142
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0.099
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.098
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.115
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.125
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.125
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.125
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	0.115
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	1.073
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.336
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	0.116
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.124
19056	Snacks, tortilla chips, plain	28.35	1 oz	0.108
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	1.551
19061	Snacks, trail mix, tropical	140	1 cup	1.352
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	0.705
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	0.670
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.028
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0.366
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	0.273
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	0.240
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0.289
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	0.081
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	0.240
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.366
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.378
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	0.253
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	0.376
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	0.379
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	0.253
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	0.251
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	0.366

USDA National Nutrient Database for Standard Reference, Release 16-1
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	0.248
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.059
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	0.658
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	0.254
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	0.237
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	0.542
06206	Soup, PROGRESSO HEALTHY CLASSICS MINISTRONE, canned, ready-to-serve	241	1 cup	0.366
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	0.163
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	0.295
06174	Soup, stock, fish, home-prepared	233	1 cup	0.121
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	0.253
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.251
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	0.315
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	0.480
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	0.460
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.000
16120	Soy milk, fluid	245	1 cup	0.417
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.068
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	0.904
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	1.417
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	0.603
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.399
20125	Spaghetti, whole-wheat, cooked	140	1 cup	1.931
02007	Spices, celery seed	2	1 tsp	0.151
02009	Spices, chili powder	2.6	1 tsp	0.056
02010	Spices, cinnamon, ground	2.3	1 tsp	0.383
02015	Spices, curry powder	2	1 tsp	0.086
02020	Spices, garlic powder	2.8	1 tsp	0.015
02026	Spices, onion powder	2.1	1 tsp	0.008
02027	Spices, oregano, dried	1.5	1 tsp	0.070
02028	Spices, paprika	2.1	1 tsp	0.018
02029	Spices, parsley, dried	1.3	1 tbsp	0.137
02030	Spices, pepper, black	2.1	1 tsp	0.118
11658	Spinach souffle, home-prepared	136	1 cup	1.098
11461	Spinach, canned, drained solids	214	1 cup	1.278
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	1.683
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	1.362
11457	Spinach, raw	10	1 leaf	0.090
11457	Spinach, raw	30	1 cup	0.269

USDA National Nutrient Database for Standard Reference, Release 16-1
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.383
11641	Squash, summer, all varieties, raw	113	1 cup	0.198
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.383
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.415
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.638
09316	Strawberries, raw	12	1 strawberry	0.046
09316	Strawberries, raw	18	1 strawberry	0.069
09316	Strawberries, raw	166	1 cup	0.641
19334	Sugars, brown	3.2	1 tsp	0.010
19335	Sugars, granulated	4.2	1 tsp	0.000
19336	Sugars, powdered	8	1 tbsp	0.000
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	0.180
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.125
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	1.205
11512	Sweetpotato, canned, vacuum pack	255	1 cup	1.160
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	0.726
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	0.415
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	0.448
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.075
19350	Syrups, corn, light	20	1 tbsp	0.018
19353	Syrups, maple	20	1 tbsp	0.660
19129	Syrups, table blends, pancake	20	1 tbsp	0.014
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.013
18360	Taco shells, baked	13.3	1 medium	0.058
09223	Tangerine juice, canned, sweetened	249	1 cup	0.092
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.081
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.027
20068	Tapioca, pearl, dry	152	1 cup	0.167
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.390
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.078
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.078
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.367
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.673
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.517
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.161
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.154
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.586
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.467
11954	Tomatillos, raw	34	1 medium	0.052
11540	Tomato juice, canned, with salt added	243	1 cup	0.170
11546	Tomato products, canned, paste, without salt added	262	1 cup	0.791

USDA National Nutrient Database for Standard Reference, Release 16-1
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11547	Tomato products, canned, puree, without salt added	250	1 cup	0.423
11549	Tomato products, canned, sauce	245	1 cup	0.262
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.150
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	0.185
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.023
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.205
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.140
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.019
11955	Tomatoes, sun-dried	2	1 piece	0.037
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.014
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.105
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.148
21088	Tostada with guacamole	130.5	1 tostada	0.176
05286	Turkey and gravy, frozen	142	5-oz package	0.007
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.049
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.013
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.019
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0.231
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.017
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.029
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.033
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.485
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.779
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.111
02050	Vanilla extract	4.2	1 tsp	0.010
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.033
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.026
11578	Vegetable juice cocktail, canned	242	1 cup	0.242
04582	Vegetable oil, canola	14	1 tbsp	0.000
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.926
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.690
02048	Vinegar, cider	15	1 tbsp	0.036
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	0.121
18367	Waffles, plain, prepared from recipe	75	1 waffle	0.199
14429	Water, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.225
09326	Watermelon, raw	152	1 cup	0.058
09326	Watermelon, raw	286	1 wedge	0.109
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.853
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	1.250
20083	Wheat flour, white, bread, enriched	137	1 cup	1.085
20084	Wheat flour, white, cake, enriched	137	1 cup	0.869
20080	Wheat flour, whole-grain	120	1 cup	4.559

USDA National Nutrient Database for Standard Reference, Release 16-1
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20089	Wild rice, cooked	164	1 cup	0.462
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	0.096
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	0.224
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.148
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.009
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.011
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.009