

# USDA National Nutrient Database for Standard Reference, Release 16-1

## Iron, Fe (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	23.766
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	18.090
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	18.000
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	18.000
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	17.985
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	17.980
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	15.400
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	14.790
15157	Mollusks, clam, mixed species, raw	85	3 oz	11.883
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	11.180
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	10.277
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	10.208
20084	Wheat flour, white, cake, enriched	137	1 cup	10.028
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	9.764
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	9.600
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	9.300
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	9.000
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	9.000
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	8.954
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	8.841
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	8.700
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	8.400
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	8.370
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	8.298
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	8.120
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	8.100
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	8.100
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	8.100
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	8.100
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	8.094
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	7.974
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	7.960
16051	Beans, white, mature seeds, canned	262	1 cup	7.834
11546	Tomato products, canned, paste, without salt added	262	1 cup	7.808
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	7.682
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	7.002
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	6.806
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	6.608
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	6.593
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	6.586
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	6.527
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	6.426

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22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	6.402
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	6.350
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	6.178
20083	Wheat flour, white, bread, enriched	137	1 cup	6.042
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	5.967
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	5.908
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	5.853
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	5.838
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	5.800
18031	Bread, indian (navajo) fry	160	10-1/2" bread	5.760
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	5.699
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	5.594
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	5.547
19080	Candies, semisweet chocolate	168	1 cup	5.258
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	5.245
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	5.204
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	5.202
21042	Fast foods, chili con carne	253	1 cup	5.187
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	5.186
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	5.160
11226	Jerusalem-artichokes, raw	150	1 cup	5.100
20033	Oat bran, raw	94	1 cup	5.085
20005	Barley, pearled, raw	200	1 cup	5.000
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	4.949
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	4.949
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	4.937
19078	Baking chocolate, unsweetened, squares	28.35	1 square	4.933
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	4.927
11461	Spinach, canned, drained solids	214	1 cup	4.922
20011	Buckwheat flour, whole-groat	120	1 cup	4.872
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	4.800
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	4.740
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	4.739
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	4.677
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	4.665
20080	Wheat flour, whole-grain	120	1 cup	4.656
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	4.650
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	4.636
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	4.541
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	4.514

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08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	4.510
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	4.510
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	4.500
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	4.500
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	4.500
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	4.500
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	4.500
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	4.500
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	4.500
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	4.500
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	4.500
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	4.500
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	4.495
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	4.493
16008	Beans, baked, canned, with franks	259	1 cup	4.481
11547	Tomato products, canned, puree, without salt added	250	1 cup	4.450
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	4.438
16073	Lima beans, large, mature seeds, canned	241	1 cup	4.362
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	4.317
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	4.235
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	4.230
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	4.226
20020	Cornmeal, whole-grain, yellow	122	1 cup	4.209
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	4.200
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	4.183
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	4.170
11364	Potatoes, baked, skin, without salt	58	1 skin	4.083
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	3.960
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	3.844
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	3.840
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	3.816
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	3.813
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	3.804
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	3.770
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	3.763
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	3.724
21082	Fast foods, taco	263	1 large	3.708
19061	Snacks, trail mix, tropical	140	1 cup	3.696
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	3.696
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	3.650
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	3.612

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11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	3.604
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	3.604
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	3.557
18003	Bagels, egg	89	4" bagel	3.542
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	3.538
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	3.528
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	3.520
19305	Molasses, blackstrap	20	1 tbsp	3.500
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	3.496
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	3.495
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	3.486
11439	Sauerkraut, canned, solids and liquids	236	1 cup	3.469
20012	Bulgur, dry	140	1 cup	3.444
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	3.420
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	3.410
11424	Pumpkin, canned, without salt	245	1 cup	3.406
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	3.392
18005	Bagels, cinnamon-raisin	89	4" bagel	3.382
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	3.343
18309	Pie, cherry, prepared from recipe	180	1 piece	3.330
22904	Chili con carne with beans, canned entree	222	1 cup	3.308
21119	Fast foods, hotdog, with chili	114	1 sandwich	3.283
18031	Bread, indian (navajo) fry	90	5" bread	3.240
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	3.240
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	3.232
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	3.226
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	3.182
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	3.168
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	3.152
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	3.133
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	3.128
11084	Beets, canned, drained solids	170	1 cup	3.094
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	3.094
21043	Fast foods, clams, breaded and fried	115	3/4 cup	3.048
09294	Prune juice, canned	256	1 cup	3.021
21024	Fast foods, french toast sticks	141	5 sticks	2.961
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	2.952
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	2.941
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	2.929

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22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	2.899
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	2.856
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	2.848
18003	Bagels, egg	71	3-1/2" bagel	2.826
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	2.808
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	2.736
09298	Raisins, seedless	145	1 cup	2.726
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	2.714
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	2.714
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	2.712
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	2.698
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	2.662
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	2.652
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	2.637
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	2.635
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	2.622
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	2.601
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	2.592
20110	Noodles, egg, cooked, enriched	160	1 cup	2.544
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	2.528
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	2.528
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	2.508
11549	Tomato products, canned, sauce	245	1 cup	2.499
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	2.492
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	2.483
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	2.453
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	2.449
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	2.439
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	2.438
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	2.432
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	2.431
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	2.430
21082	Fast foods, taco	171	1 small	2.411
20068	Tapioca, pearl, dry	152	1 cup	2.402
18283	Muffins, oat bran	57	1 muffin	2.394
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	2.344
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	2.330
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	2.328
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	2.328

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21118	Fast foods, hotdog, plain	98	1 sandwich	2.313
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	2.295
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	2.279
21083	Fast foods, taco salad	198	1-1/2 cups	2.277
11512	Sweetpotato, canned, vacuum pack	255	1 cup	2.270
05277	Chicken, canned, meat only, with broth	142	5 oz	2.244
21077	Fast foods, frijoles with cheese	167	1 cup	2.238
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	2.210
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	2.204
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	2.193
11674	Potato, baked, flesh and skin, without salt	202	1 potato	2.182
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	2.167
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	2.167
18116	Cake, gingerbread, prepared from recipe	74	1 piece	2.131
20113	Noodles, chinese, chow mein	45	1 cup	2.129
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	2.108
20006	Barley, pearled, cooked	157	1 cup	2.088
22906	Chicken pot pie, frozen entree	217	1 small pie	2.062
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	2.058
15128	Fish, tuna salad	205	1 cup	2.050
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	2.049
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	2.032
15034	Fish, haddock, cooked, dry heat	150	1 fillet	2.025
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	2.021
22247	Macaroni and Cheese, canned entree	252	1 cup	2.016
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	2.015
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	2.015
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	2.002
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	1.989
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	1.978
18327	Pie, pumpkin, prepared from recipe	155	1 piece	1.969
20100	Macaroni, cooked, enriched	140	1 cup	1.960
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	1.960
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	1.957
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	1.950
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	1.946
20034	Oat bran, cooked	219	1 cup	1.927
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	1.922
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	1.920
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	1.904
20045	Rice, white, long-grain, regular, cooked	158	1 cup	1.896
21023	Breakfast items, french toast with butter	135	2 slices	1.890

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11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	1.890
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	1.887
16112	Miso	68.75	1 cup	1.884
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	1.872
18353	Rolls, hard (includes kaiser)	57	1 roll	1.870
20028	Couscous, dry	173	1 cup	1.868
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	1.862
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	1.860
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	1.848
21015	Fast foods, danish pastry, cheese	91	1 pastry	1.847
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	1.820
09087	Dates, deglet noor	178	1 cup	1.816
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	1.815
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	1.815
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	1.810
18306	Pie, blueberry, prepared from recipe	147	1 piece	1.808
18325	Pie, pecan, prepared from recipe	122	1 piece	1.806
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	1.802
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	1.800
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	1.798
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	1.786
13348	Beef, cured, corned beef, canned	85.05	3 oz	1.769
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	1.768
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	1.757
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	1.750
20013	Bulgur, cooked	182	1 cup	1.747
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	1.744
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	1.740
18302	Pie, apple, prepared from recipe	155	1 piece	1.736
18367	Waffles, plain, prepared from recipe	75	1 waffle	1.733
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	1.715
11581	Vegetables, mixed, canned, drained solids	163	1 cup	1.712
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	1.702
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	1.701
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	1.701
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	1.700
06206	Soup, PROGRESSO HEALTHY CLASSICS MINISTRONE, canned, ready-to-serve	241	1 cup	1.687
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	1.683
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	1.683
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	1.680
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	1.658

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	1.658
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	1.651
22905	Beef stew, canned entree	232	1 cup	1.647
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.642
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	1.635
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	1.632
09306	Raspberries, frozen, red, sweetened	250	1 cup	1.625
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	1.625
11414	Potato salad, home-prepared	250	1 cup	1.625
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	1.615
18279	Muffins, corn, commercially prepared	57	1 muffin	1.602
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	1.600
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	1.591
09246	Peaches, dried, sulfured, uncooked	39	3 halves	1.583
05306	Poultry food products, ground turkey, cooked	82	1 patty	1.583
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	1.573
18041	Bread, pita, white, enriched	60	6-1/2" pita	1.572
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	1.568
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	1.568
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	1.564
18319	Pie, fried pies, fruit	128	1 pie	1.562
18444	Pie, fried pies, cherry	128	1 pie	1.562
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	1.548
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	1.539
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	1.533
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	1.530
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	1.523
07069	Salami, cooked, beef and pork	56.7	2 slices	1.514
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	1.505
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	1.505
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	1.492
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	1.488
20125	Spaghetti, whole-wheat, cooked	140	1 cup	1.484
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	1.480
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	1.475
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	1.464
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	1.452
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	1.452
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	1.440



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## Iron, Fe (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	1.440
18350	Rolls, hamburger or hotdog, plain	43	1 roll	1.428
21129	Fast foods, hush puppies	78	5 pieces	1.427
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	1.425
16120	Soy milk, fluid	245	1 cup	1.421
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	1.414
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	1.408
05292	Turkey patties, breaded, battered, fried	64	1 patty	1.408
21017	Fast foods, danish pastry, fruit	94	1 pastry	1.401
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	1.397
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	1.397
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	1.392
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	1.386
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	1.369
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	1.369
08143	Cereals, WHEATENA, cooked with water	243	1 cup	1.361
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	1.360
11658	Spinach souffle, home-prepared	136	1 cup	1.346
20010	Buckwheat groats, roasted, cooked	168	1 cup	1.344
11081	Beets, cooked, boiled, drained	170	1 cup	1.343
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	1.343
12120	Nuts, hazelnuts or filberts	28.35	1 oz	1.332
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	1.332
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	1.331
05286	Turkey and gravy, frozen	142	5-oz package	1.321
21074	Fast foods, enchilada, with cheese	163	1 enchilada	1.320
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	1.318
01143	Egg substitute, liquid	62.75	1/4 cup	1.318
11015	Asparagus, canned, drained solids	72	4 spears	1.318
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	1.315
18268	French toast, frozen, ready-to-heat	59	1 slice	1.304
12167	Nuts, chestnuts, european, roasted	143	1 cup	1.301
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	1.301
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	1.299
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	1.294
21078	Fast foods, nachos, with cheese	113	6-8 nachos	1.277
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	1.275
02029	Spices, parsley, dried	1.3	1 tbsp	1.272
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	1.270
18151	Cookies, brownies, commercially prepared	56	1 brownie	1.260

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	1.257
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	1.253
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	1.252
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	1.247
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	1.233
11399	Potato puffs, frozen, prepared	79	10 puffs	1.232
11264	Mushrooms, canned, drained solids	156	1 cup	1.232
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	1.224
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	1.222
12061	Nuts, almonds	28.35	1 oz (24 nuts)	1.219
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	1.218
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	1.216
18027	Bread, egg	40	1/2" slice	1.216
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	1.216
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	1.215
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	1.215
18310	Pie, chocolate creme, commercially prepared	113	1 piece	1.209
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	1.203
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	1.195
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	1.191
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	1.188
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	1.188
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	1.187
11672	Potato pancakes, home-prepared	76	1 pancake	1.186
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	1.182
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	1.180
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	1.177
18324	Pie, pecan, commercially prepared	113	1 piece	1.175
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	1.175
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	1.173
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	1.170
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	1.166
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	1.162
18239	Croissants, butter	57	1 croissant	1.157
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	1.152
15034	Fish, haddock, cooked, dry heat	85	3 oz	1.148
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	1.144
18023	Bread, cornbread, dry mix, prepared	60	1 piece	1.140
18245	Danish pastry, cheese	71	1 danish	1.136
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	1.135
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	1.134
15141	Crustaceans, crab, blue, canned	135	1 cup	1.134

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## Iron, Fe (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18243	Croutons, seasoned	40	1 cup	1.128
18139	Cake, white, prepared from recipe without frosting	74	1 piece	1.125
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	1.123
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	1.122
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	1.122
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	1.122
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	1.114
15111	Fish, swordfish, cooked, dry heat	106	1 piece	1.102
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	1.098
09207	Orange juice, canned, unsweetened	249	1 cup	1.096
12104	Nuts, coconut meat, raw	45	1 piece	1.094
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	1.090
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	1.090
11655	Carrot juice, canned	236	1 cup	1.086
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	1.086
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	1.085
01037	Cheese, ricotta, part skim milk	246	1 cup	1.082
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	1.077
09277	Plantains, raw	179	1 medium	1.074
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	1.073
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	1.071
01123	Egg, whole, raw, fresh	58	1 extra large	1.061
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	1.056
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	1.049
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	1.045
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	1.045
11540	Tomato juice, canned, with salt added	243	1 cup	1.045
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	1.040
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	1.038
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	1.037
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	1.034
11961	Hearts of palm, canned	33	1 piece	1.033
14346	Shake, fast food, chocolate	333	16 fl oz	1.032
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	1.017
11578	Vegetable juice cocktail, canned	242	1 cup	1.016
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	1.016
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	1.014
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	1.014
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	1.008
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	1.007
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	1.003
18134	Cake, sponge, prepared from recipe	63	1 piece	0.995

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20089	Wild rice, cooked	164	1 cup	0.984
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.980
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.973
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	0.972
18280	Muffins, corn, dry mix, prepared	50	1 muffin	0.970
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.965
18177	Cookies, molasses	15	1 cookie, medium	0.965
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.962
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	0.960
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.958
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.954
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.952
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.946
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.943
21051	Entrees, pizza with pepperoni	71	1 slice	0.937
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.935
01036	Cheese, ricotta, whole milk	246	1 cup	0.935
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.934
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.932
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.931
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	0.931
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.930
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.928
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.925
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.924
18044	Bread, pumpernickel	32	1 slice	0.918
18274	Muffins, blueberry, commercially prepared	57	1 muffin	0.918
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.918
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.917
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	0.916
01131	Egg, whole, cooked, poached	50	1 large	0.915
01123	Egg, whole, raw, fresh	50	1 large	0.915
18045	Bread, pumpernickel, toasted	29	1 slice	0.914
01128	Egg, whole, cooked, fried	46	1 large	0.911
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	0.910
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.910
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.910
18060	Bread, rye	32	1 slice	0.906
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.905
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.905
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	0.903
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.902

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.902
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.901
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.900
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.900
07024	Frankfurter, chicken	45	1 frank	0.900
02007	Spices, celery seed	2	1 tsp	0.898
09055	Blueberries, frozen, sweetened	230	1 cup	0.897
18217	Crackers, matzo, plain	28.35	1 matzo	0.896
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.894
09278	Plantains, cooked	154	1 cup	0.893
09042	Blackberries, raw	144	1 cup	0.893
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.893
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.890
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.884
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.882
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.876
02010	Spices, cinnamon, ground	2.3	1 tsp	0.876
18326	Pie, pumpkin, commercially prepared	109	1 piece	0.861
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.859
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0.858
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.857
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.853
01164	Cheese sauce, prepared from recipe	243	1 cup	0.851
09302	Raspberries, raw	123	1 cup	0.849
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.847
11205	Cucumber, with peel, raw	301	1 large	0.843
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.840
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.836
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.833
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.833
18316	Pie, coconut custard, commercially prepared	104	1 piece	0.832
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.828
18064	Bread, wheat (includes wheat berry)	25	1 slice	0.828
06166	Sauce, homemade, white, medium	250	1 cup	0.825
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.825
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.825
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.825
13350	Beef, cured, dried	28.35	1 oz	0.822
20037	Rice, brown, long-grain, cooked	195	1 cup	0.819
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.816
11457	Spinach, raw	30	1 cup	0.813
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.813
21088	Tostada with guacamole	130.5	1 tostada	0.809

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.806
01123	Egg, whole, raw, fresh	44	1 medium	0.805
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.799
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.799
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.799
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.798
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.795
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.790
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	0.784
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.778
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.775
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.774
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.774
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.774
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.774
09094	Figs, dried, uncooked	38	2 figs	0.771
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0.771
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.771
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	0.763
18048	Bread, raisin, toasted, enriched	24	1 slice	0.756
18047	Bread, raisin, enriched	26	1 slice	0.754
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.751
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.749
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.748
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.747
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.746
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.744
18061	Bread, rye, toasted	24	1 slice	0.744
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.744
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.742
18220	Crackers, melba toast, plain	20	4 pieces	0.740
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.740
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.738
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.737
18040	Bread, oatmeal, toasted	25	1 slice	0.735
18057	Bread, reduced-calorie, white	23	1 slice	0.734
18041	Bread, pita, white, enriched	28	4" pita	0.734
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.733
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.732
01132	Egg, whole, cooked, scrambled	61	1 large	0.732

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## Iron, Fe (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18039	Bread, oatmeal	27	1 slice	0.729
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.726
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.723
21127	Fast foods, coleslaw	99	3/4 cup	0.723
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.723
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.720
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.719
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.719
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.717
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.714
18053	Bread, reduced-calorie, rye	23	1 slice	0.713
11159	Coleslaw, home-prepared	120	1 cup	0.708
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.707
18025	Bread, cracked-wheat	25	1 slice	0.703
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.700
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.699
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.697
09316	Strawberries, raw	166	1 cup	0.697
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.692
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.692
18320	Pie, lemon meringue, commercially prepared	113	1 piece	0.689
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.689
09326	Watermelon, raw	286	1 wedge	0.686
07008	Bologna, beef and pork	56.7	2 slices	0.686
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.685
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.681
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.681
18055	Bread, reduced-calorie, wheat	23	1 slice	0.681
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.680
07022	Frankfurter, beef	45	1 frank	0.680
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.678
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.675
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	0.673
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.670
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	0.670
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.668
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.666
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.664
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.663
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.662
02027	Spices, oregano, dried	1.5	1 tsp	0.660

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## Iron, Fe (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.660
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.659
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.657
18226	Crackers, rye, wafers, plain	11	1 wafer	0.653
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.650
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.650
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.649
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.648
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	0.648
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.648
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.647
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.646
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.645
11090	Broccoli, raw	88	1 cup	0.642
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.641
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.641
11821	Peppers, sweet, red, raw	149	1 cup	0.641
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.638
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.633
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.632
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.630
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.626
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.626
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.624
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	0.620
11297	Parsley, raw	10	10 sprigs	0.620
11206	Cucumber, peeled, raw	280	1 large	0.616
19270	Ice creams, chocolate	66	1/2 cup	0.614
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.612
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	0.610
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.607
02030	Spices, pepper, black	2.1	1 tsp	0.606
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.600
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0.600
01102	Milk, chocolate, fluid, commercial,	250	1 cup	0.600
20029	Couscous, cooked	157	1 cup	0.597
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	0.595
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.595
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.593
02015	Spices, curry powder	2	1 tsp	0.592
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.590
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.588



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## Iron, Fe (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18033	Bread, italian	20	1 slice	0.588
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.585
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.585
01095	Milk, canned, condensed, sweetened	306	1 cup	0.581
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	0.581
21049	Entrees, pizza with cheese	63	1 slice	0.580
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.578
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.577
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.576
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0.576
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.572
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.567
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.567
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.566
18308	Pie, cherry, commercially prepared	117	1 piece	0.562
11112	Cabbage, red, raw	70	1 cup	0.560
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.553
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0.550
07017	Chicken roll, light meat	56.7	2 slices	0.550
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.548
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.546
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	0.546
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.546
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.545
11251	Lettuce, cos or romaine, raw	56	1 cup	0.543
11670	Peppers, hot chili, green, raw	45	1 pepper	0.540
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.540
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.530
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0.530
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0.527
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.524
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.522
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.521
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.518
07023	Frankfurter, beef and pork	45	1 frank	0.518
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	0.512
11821	Peppers, sweet, red, raw	119	1 pepper	0.512
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.511
01057	Eggnog	254	1 cup	0.508
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.507
11333	Peppers, sweet, green, raw	149	1 cup	0.507
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	0.505

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## Iron, Fe (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.504
18147	Cheesecake commercially prepared	80	1 piece	0.504
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.504
09223	Tangerine juice, canned, sweetened	249	1 cup	0.498
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.498
09206	Orange juice, raw	248	1 cup	0.496
02028	Spices, paprika	2.1	1 tsp	0.495
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.494
09128	Grapefruit juice, white, raw	247	1 cup	0.494
09404	Grapefruit juice, pink, raw	247	1 cup	0.494
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.494
18235	Crackers, whole-wheat	16	4 crackers	0.493
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.489
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.486
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.484
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.482
11253	Lettuce, green leaf, raw	56	1 cup	0.482
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0.479
18214	Crackers, cheese, regular	10	10 crackers	0.477
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	0.476
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.473
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.470
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.470
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.468
18170	Cookies, fig bars	16	1 cookie	0.464
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	0.464
11819	Peppers, hot chili, red, raw	45	1 pepper	0.464
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.462
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.462
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.462
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	0.454
01125	Egg, yolk, raw, fresh	16.6	1 large	0.453
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.451
14277	Grape drink, canned	250	8 fl oz	0.450
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.448
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.448
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.446
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.445
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.443
11135	Cauliflower, raw	100	1 cup	0.440
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.438
11084	Beets, canned, drained solids	24	1 beet	0.437
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.437

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## Iron, Fe (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09266	Pineapple, raw, all varieties	155	1 cup	0.434
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	0.433
18229	Crackers, standard snack-type, regular	12	4 crackers	0.432
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.432
19056	Snacks, tortilla chips, plain	28.35	1 oz	0.431
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.431
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	0.431
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0.428
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.425
09236	Peaches, raw	170	1 cup	0.425
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.423
09087	Dates, deglet noor	41.5	5 dates	0.423
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.422
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.422
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.419
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.419
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.419
06125	Gravy, turkey, canned	59.6	1/4 cup	0.417
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.417
11213	Endive, raw	50	1 cup	0.415
11109	Cabbage, raw	70	1 cup	0.413
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.411
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.409
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.409
19087	Candies, confectioner's coating, white	170	1 cup	0.408
06116	Gravy, beef, canned	58.25	1/4 cup	0.408
09050	Blueberries, raw	145	1 cup	0.406
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	0.405
11333	Peppers, sweet, green, raw	119	1 pepper	0.405
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.398
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.397
14181	Chocolate syrup	18.75	1 tbsp	0.396
11641	Squash, summer, all varieties, raw	113	1 cup	0.396
11081	Beets, cooked, boiled, drained	50	1 beet	0.395
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.394
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.393
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.391
09040	Bananas, raw	150	1 cup	0.390
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.388
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.386
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.386
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.384
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.383

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## Iron, Fe (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.381
09191	Nectarines, raw	136	1 nectarine	0.381
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.380
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.377
21139	Fast foods, potato, mashed	80	1/3 cup	0.376
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.374
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.374
02009	Spices, chili powder	2.6	1 tsp	0.371
07064	Pork sausage, fresh, cooked	27	1 patty	0.367
19071	Candies, carob	28.35	1 oz	0.366
09326	Watermelon, raw	152	1 cup	0.365
11260	Mushrooms, raw	70	1 cup	0.364
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.364
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.362
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.362
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.357
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.357
07064	Pork sausage, fresh, cooked	26	2 links	0.354
18232	Crackers, wheat, regular	8	4 crackers	0.352
18305	Pie, blueberry, commercially prepared	117	1 piece	0.351
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.351
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.350
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.350
09150	Lemons, raw, without peel	58	1 lemon	0.348
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.346
11937	Pickles, cucumber, dill	65	1 pickle	0.345
16158	Hummus, commercial	14	1 tbsp	0.342
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	0.341
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.340
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.340
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.337
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	0.336
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.336
09181	Melons, cantaloupe, raw	160	1 cup	0.336
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.334
18360	Taco shells, baked	13.3	1 medium	0.333
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.332
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.332
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.332
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.332
11124	Carrots, raw	110	1 cup	0.330
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.330
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.326

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## Iron, Fe (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.326
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.323
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.321
09153	Lemon juice, canned or bottled	244	1 cup	0.317
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.317
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.316
01111	Milk shakes, thick vanilla	313	11 fl oz	0.313
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.307
09040	Bananas, raw	118	1 banana	0.307
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.306
19035	Snacks, popcorn, oil-popped	11	1 cup	0.306
09226	Papayas, raw	304	1 papaya	0.304
11282	Onions, raw	160	1 cup	0.304
07072	Salami, dry or hard, pork, beef	20	2 slices	0.302
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.301
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.301
14347	Shake, fast food, vanilla	333	16 fl oz	0.300
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.298
14142	Carbonated beverage, grape soda	372	12 fl oz	0.298
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.297
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.296
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.296
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.294
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.294
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.293
11205	Cucumber, with peel, raw	104	1 cup	0.291
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.289
09184	Melons, honeydew, raw	170	1 cup	0.289
11445	Seaweed, kelp, raw	10	2 tbsp	0.285
09252	Pears, raw	166	1 pear	0.282
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.281
09060	Carambola, (starfruit), raw	108	1 cup	0.281
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.281
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	0.281
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.281
11114	Cabbage, savoy, raw	70	1 cup	0.280
06119	Gravy, chicken, canned	59.5	1/4 cup	0.280
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.279
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.276
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.274
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.273
09184	Melons, honeydew, raw	160	1/8 melon	0.272
11457	Spinach, raw	10	1 leaf	0.271
09176	Mangos, raw	207	1 mango	0.269

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## Iron, Fe (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.265
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.265
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.265
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.265
09298	Raisins, seedless	14	1 packet	0.263
11206	Cucumber, peeled, raw	119	1 cup	0.262
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.260
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.258
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.255
19089	Ice creams, vanilla, rich	74	1/2 cup	0.252
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.250
19041	Snacks, pork skins, plain	28.35	1 oz	0.249
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.249
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.248
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.248
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.247
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.247
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.246
09236	Peaches, raw	98	1 peach	0.245
09070	Cherries, sweet, raw	68	10 cherries	0.245
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.241
19353	Syrups, maple	20	1 tbsp	0.240
11143	Celery, raw	120	1 cup	0.240
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.238
09060	Carambola, (starfruit), raw	91	1 fruit	0.237
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.236
16055	Carob flour	8	1 tbsp	0.235
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.230
11090	Broccoli, raw	31	1 spear	0.226
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.226
14150	Carbonated beverage, orange	372	12 fl oz	0.223
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.223
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.222
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.221
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.220
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	0.220
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.219
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.216
11124	Carrots, raw	72	1 carrot	0.216
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.215
09176	Mangos, raw	165	1 cup	0.215
19034	Snacks, popcorn, air-popped	8	1 cup	0.213
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.213

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## Iron, Fe (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19014	Snacks, fruit leather, rolls	21	1 large	0.212
11954	Tomatillos, raw	34	1 medium	0.211
11282	Onions, raw	110	1 whole	0.209
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.207
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.204
11943	Pimento, canned	12	1 tbsp	0.202
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	0.202
14342	Rice beverage, RICE DREAM, canned	245	1 cup	0.196
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.196
01009	Cheese, cheddar	28.35	1 oz	0.193
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.193
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.190
19036	Snacks, popcorn, cakes	10	1 cake	0.187
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.186
14157	Carbonated beverage, root beer	370	12 fl oz	0.185
01019	Cheese, feta	28.35	1 oz	0.184
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.184
11955	Tomatoes, sun-dried	2	1 piece	0.182
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.182
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.181
09200	Oranges, raw, all commercial varieties	180	1 cup	0.180
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.180
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.179
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.178
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.178
07027	Ham, chopped, not canned	21	2 slices	0.174
01017	Cheese, cream	14.5	1 tbsp	0.174
09038	Avocados, raw, California	28.35	1 oz	0.173
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.173
09206	Orange juice, raw	86	juice from 1 orange	0.172
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.171
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.168
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.167
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.167
09003	Apples, raw, with skin	138	1 apple	0.166
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.162
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.162
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.159
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.158
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.156
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.155
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.155
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.148

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## Iron, Fe (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01035	Cheese, provolone	28.35	1 oz	0.147
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.147
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.147
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.146
18086	Cake, angelfood, commercially prepared	28	1 piece	0.146
09181	Melons, cantaloupe, raw	69	1/8 melon	0.145
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.142
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.142
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.142
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.142
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.142
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.142
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.142
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	0.141
09226	Papayas, raw	140	1 cup	0.140
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.137
09021	Apricots, raw	35	1 apricot	0.137
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.134
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.132
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.132
09200	Oranges, raw, all commercial varieties	131	1 orange	0.131
11945	Pickle relish, sweet	15	1 tbsp	0.131
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.125
01007	Cheese, camembert	38	1 wedge	0.125
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.125
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.125
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.123
11677	Shallots, raw	10	1 tbsp	0.120
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.119
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.119
07073	Sandwich spread, pork, beef	15	1 tbsp	0.119
01030	Cheese, muenster	28.35	1 oz	0.116
19116	Candies, marshmallows	50	1 cup	0.115
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.115
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.114
09279	Plums, raw	66	1 plum	0.112
18373	Leavening agents, cream of tartar	3	1 tsp	0.112
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.111
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.107
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0.104
19097	Sherbet, orange	74	1/2 cup	0.104
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.098
19297	Jams and preserves	20	1 tbsp	0.098



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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.098
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.098
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.097
11740	Broccoli, flower clusters, raw	11	1 floweret	0.097
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.095
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.095
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.094
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.093
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.093
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.093
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.092
02048	Vinegar, cider	15	1 tbsp	0.090
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.089
11960	Carrots, baby, raw	10	1 medium	0.089
19296	Honey	21	1 tbsp	0.088
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.088
01004	Cheese, blue	28.35	1 oz	0.088
11253	Lettuce, green leaf, raw	10	1 leaf	0.086
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.084
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.084
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.080
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.080
11143	Celery, raw	40	1 stalk	0.080
01031	Cheese, neufchatel	28.35	1 oz	0.079
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.078
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.078
11284	Onions, dehydrated flakes	5	1 tbsp	0.078
09004	Apples, raw, without skin	110	1 cup	0.077
02020	Spices, garlic powder	2.8	1 tsp	0.077
11935	Catsup	15	1 tbsp	0.077
09316	Strawberries, raw	18	1 strawberry	0.076
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.074
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.074
01077	Milk, whole, 3.25% milkfat	244	1 cup	0.073
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.073
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.073
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.072
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.071
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.071
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.071
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.071
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.069
02045	Dill weed, fresh	1	5 sprigs	0.066
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	0.063

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## Iron, Fe (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.062
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.062
19334	Sugars, brown	3.2	1 tsp	0.061
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.061
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.060
19095	Ice creams, vanilla	66	1/2 cup	0.059
11135	Cauliflower, raw	13	1 floweret	0.057
01040	Cheese, swiss	28.35	1 oz	0.057
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.054
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.054
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.054
02026	Spices, onion powder	2.1	1 tsp	0.054
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.053
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.053
19088	Ice creams, vanilla, light	66	1/2 cup	0.053
19294	Fruit butters, apple	17	1 tbsp	0.053
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.052
11215	Garlic, raw	3	1 clove	0.051
09316	Strawberries, raw	12	1 strawberry	0.050
09039	Avocados, raw, Florida	28.35	1 oz	0.048
11156	Chives, raw	3	1 tbsp	0.048
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.047
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.046
01032	Cheese, parmesan, grated	5	1 tbsp	0.045
20027	Cornstarch	8.064	1 tbsp	0.038
19108	Candies, jellybeans	28.35	10 large	0.037
19300	Jellies	19	1 tbsp	0.036
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.036
14121	Carbonated beverage, club soda	355	12 fl oz	0.036
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.035
11333	Peppers, sweet, green, raw	10	1 ring	0.034
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.031
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.031
11935	Catsup	6	1 packet	0.031
01186	Cheese, cream, fat free	15.6	1 tbsp	0.028
04133	Salad dressing, french, home recipe	14	1 tbsp	0.028
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.028
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.027
01124	Egg, white, raw, fresh	33.4	1 large	0.027
11282	Onions, raw	14	1 slice	0.027
06174	Soup, stock, fish, home-prepared	233	1 cup	0.023
01069	Cream substitute, powdered	2	1 tsp	0.023
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.023
02055	Horseradish, prepared	5	1 tsp	0.021

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02047	Salt, table	6	1 tsp	0.020
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.020
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.020
19107	Candies, hard	6	1 piece	0.018
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.018
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.017
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.017
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.017
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.017
11429	Radishes, raw	4.5	1 radish	0.015
19074	Candies, caramels	10.1	1 piece	0.014
09152	Lemon juice, raw	47	juice of 1 lemon	0.014
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.012
09160	Lime juice, raw	38	juice of 1 lime	0.011
01049	Cream, fluid, half and half	15	1 tbsp	0.011
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.011
19350	Syrups, corn, light	20	1 tbsp	0.010
19107	Candies, hard	3	1 small piece	0.009
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.009
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.008
01056	Cream, sour, cultured	12	1 tbsp	0.007
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.007
19129	Syrups, table blends, pancake	20	1 tbsp	0.006
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.006
02050	Vanilla extract	4.2	1 tsp	0.005
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.005
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.005
01052	Cream, fluid, light whipping	15	1 tbsp	0.005
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.005
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.004
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.004
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.003
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.003
01001	Butter, salted	14.2	1 tbsp	0.003
01145	Butter, without salt	14.2	1 tbsp	0.003
19336	Sugars, powdered	8	1 tbsp	0.002
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.002
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.002
01072	Dessert topping, pressurized	4	1 tbsp	0.001
19335	Sugars, granulated	4.2	1 tsp	0.000
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.000
14429	Water, municipal	237	8 fl oz	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000

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**Iron, Fe (mg) Content of Selected Foods per Common Measure, sorted by nutrient content**

<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
09340	Pears, asian, raw	275	1 pear	0.000
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.000
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0.000
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.000
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.000
09340	Pears, asian, raw	122	1 pear	0.000
04582	Vegetable oil, canola	14	1 tbsp	0.000
04002	Lard	12.8	1 tbsp	0.000
04518	Oil, vegetable corn, salad or cooking	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
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.000
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.000
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	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
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.000
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.000