

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

Carotene, beta (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11655	Carrot juice, canned	236	1 cup	21955.080
11424	Pumpkin, canned, without salt	245	1 cup	17003.000
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	16803.140
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	14732.640
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	13750.300
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	12997.920
11461	Spinach, canned, drained solids	214	1 cup	12585.340
11512	Sweetpotato, canned, vacuum pack	255	1 cup	12214.500
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	11808.480
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	11590.600
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	11469.900
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	11318.400
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	10624.900
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	10592.760
11581	Vegetables, mixed, canned, drained solids	163	1 cup	9242.100
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	9146.600
11128	Carrots, canned, regular pack, drained solids	146	1 cup	7783.260
18327	Pie, pumpkin, prepared from recipe	155	1 piece	7365.600
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	6609.600
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	6588.000
11124	Carrots, raw	110	1 cup	6351.400
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	6247.500
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	5725.650
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	5311.600
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	5135.200
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	4333.300
11124	Carrots, raw	72	1 carrot	4157.280
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	3789.240
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	3238.810
09181	Melons, cantaloupe, raw	160	1 cup	3232.000
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	3039.600
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	2875.200
11253	Lettuce, green leaf, raw	56	1 cup	2488.080
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	2464.400
11821	Peppers, sweet, red, raw	149	1 cup	2419.760
11546	Tomato products, canned, paste, without salt added	262	1 cup	2360.620
11578	Vegetable juice cocktail, canned	242	1 cup	2008.600
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	2000.000
11251	Lettuce, cos or romaine, raw	56	1 cup	1951.040
11821	Peppers, sweet, red, raw	119	1 pepper	1932.560
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	1896.300
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	1840.800
11457	Spinach, raw	30	1 cup	1687.800
11658	Spinach souffle, home-prepared	136	1 cup	1436.160

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

Carotene, beta (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	1396.080
09181	Melons, cantaloupe, raw	69	1/8 melon	1393.800
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	1219.920
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	1216.000
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	1137.520
18326	Pie, pumpkin, commercially prepared	109	1 piece	1115.070
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	1102.880
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	1100.000
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	1034.880
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	1006.400
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	932.080
09176	Mangos, raw	207	1 mango	921.150
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	869.400
09326	Watermelon, raw	286	1 wedge	866.580
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	860.250
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	843.780
09226	Papayas, raw	304	1 papaya	839.040
09277	Plantains, raw	179	1 medium	818.030
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	808.200
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	783.750
11547	Tomato products, canned, puree, without salt added	250	1 cup	765.000
09032	Apricots, dried, sulfured, uncooked	35	10 halves	757.050
09176	Mangos, raw	165	1 cup	734.250
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	725.400
11540	Tomato juice, canned, with salt added	243	1 cup	656.100
11213	Endive, raw	50	1 cup	650.000
11960	Carrots, baby, raw	10	1 medium	639.100
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	598.000
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	585.600
02028	Spices, paprika	2.1	1 tsp	581.259
09278	Plantains, cooked	154	1 cup	568.260
11457	Spinach, raw	10	1 leaf	562.600
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	552.270
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	544.000
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	537.700
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	525.000
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	522.000
11549	Tomato products, canned, sauce	245	1 cup	512.050
11297	Parsley, raw	10	10 sprigs	505.400
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	481.320
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	480.680
11112	Cabbage, red, raw	70	1 cup	469.000

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

Carotene, beta (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	468.720
09326	Watermelon, raw	152	1 cup	460.560
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	450.900
11253	Lettuce, green leaf, raw	10	1 leaf	444.300
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	436.600
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	435.160
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	432.300
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	429.040
11114	Cabbage, savoy, raw	70	1 cup	420.000
09246	Peaches, dried, sulfured, uncooked	39	3 halves	418.860
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	412.110
02009	Spices, chili powder	2.6	1 tsp	390.000
09226	Papayas, raw	140	1 cup	386.400
09021	Apricots, raw	35	1 apricot	382.900
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	373.520
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	366.360
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	364.980
11012	Asparagus, cooked, boiled, drained	60	4 spears	362.400
11015	Asparagus, canned, drained solids	72	4 spears	354.960
09250	Peaches, frozen, sliced, sweetened	250	1 cup	352.500
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	352.350
11251	Lettuce, cos or romaine, raw	10	1 leaf	348.400
11090	Broccoli, raw	88	1 cup	337.040
11143	Celery, raw	120	1 cup	324.000
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	313.090
11333	Peppers, sweet, green, raw	149	1 cup	309.920
11670	Peppers, hot chili, green, raw	45	1 pepper	301.950
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	289.800
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	287.920
09236	Peaches, raw	170	1 cup	275.400
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	272.000
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	265.200
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	257.920
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	254.840
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	251.680
11333	Peppers, sweet, green, raw	119	1 pepper	247.520
11819	Peppers, hot chili, red, raw	45	1 pepper	240.300
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	235.200
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	228.600
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	220.320
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	216.900
09191	Nectarines, raw	136	1 nectarine	204.000

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

Carotene, beta (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	193.800
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	186.000
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	185.220
09042	Blackberries, raw	144	1 cup	184.320
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	180.000
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	178.080
11943	Pimento, canned	12	1 tbsp	176.880
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	168.000
11159	Coleslaw, home-prepared	120	1 cup	165.600
09291	Plums, dried (prunes), uncooked	42	5 prunes	165.480
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	165.100
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	161.700
09236	Peaches, raw	98	1 peach	158.760
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	154.700
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	149.025
11641	Squash, summer, all varieties, raw	113	1 cup	135.600
01143	Egg substitute, liquid	62.75	1/4 cup	135.540
11205	Cucumber, with peel, raw	301	1 large	135.450
16008	Beans, baked, canned, with franks	259	1 cup	134.680
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	133.860
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	132.060
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	130.500
09200	Oranges, raw, all commercial varieties	180	1 cup	127.800
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	127.200
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	126.840
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	126.500
09279	Plums, raw	66	1 plum	125.400
11090	Broccoli, raw	31	1 spear	118.730
20020	Cornmeal, whole-grain, yellow	122	1 cup	118.340
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	117.500
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	117.000
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	111.000
11143	Celery, raw	40	1 stalk	108.000
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	105.600
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	105.600
09223	Tangerine juice, canned, sweetened	249	1 cup	94.620
09200	Oranges, raw, all commercial varieties	131	1 orange	93.010
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	90.450
11414	Potato salad, home-prepared	250	1 cup	90.000
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	89.800
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	89.700
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	88.000
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	87.230

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

Carotene, beta (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11206	Cucumber, peeled, raw	280	1 large	86.800
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	86.620
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	86.620
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	86.010
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	85.050
11935	Catsup	15	1 tbsp	84.000
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	82.000
09206	Orange juice, raw	248	1 cup	81.840
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	81.600
01036	Cheese, ricotta, whole milk	246	1 cup	81.180
18308	Pie, cherry, commercially prepared	117	1 piece	80.730
11156	Chives, raw	3	1 tbsp	78.360
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	76.800
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	76.500
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	76.330
18325	Pie, pecan, prepared from recipe	122	1 piece	73.200
09207	Orange juice, canned, unsweetened	249	1 cup	72.210
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	70.760
02029	Spices, parsley, dried	1.3	1 tbsp	69.940
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	69.300
09055	Blueberries, frozen, sweetened	230	1 cup	69.000
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	68.400
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	65.320
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	64.638
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	63.680
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	63.000
11109	Cabbage, raw	70	1 cup	63.000
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	62.400
02027	Spices, oregano, dried	1.5	1 tsp	61.680
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	61.250
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	61.200
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	57.270
09266	Pineapple, raw, all varieties	155	1 cup	52.700
09306	Raspberries, frozen, red, sweetened	250	1 cup	52.500
09193	Olives, ripe, canned (small-extra large)	22	5 large	52.140
09184	Melons, honeydew, raw	170	1 cup	51.000
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	50.820
11937	Pickles, cucumber, dill	65	1 pickle	50.700
06166	Sauce, homemade, white, medium	250	1 cup	50.000
01037	Cheese, ricotta, part skim milk	246	1 cup	49.200
09184	Melons, honeydew, raw	160	1/8 melon	48.000
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	47.107

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

Carotene, beta (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11205	Cucumber, with peel, raw	104	1 cup	46.800
16120	Soy milk, fluid	245	1 cup	46.550
09050	Blueberries, raw	145	1 cup	46.400
18305	Pie, blueberry, commercially prepared	117	1 piece	45.630
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	44.510
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	42.900
01095	Milk, canned, condensed, sweetened	306	1 cup	42.840
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	42.330
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	39.520
09040	Bananas, raw	150	1 cup	39.000
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	37.950
09003	Apples, raw, with skin	138	1 apple	37.260
11206	Cucumber, peeled, raw	119	1 cup	36.890
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	36.720
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	36.540
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	36.192
16112	Miso	68.75	1 cup	35.750
11081	Beets, cooked, boiled, drained	170	1 cup	35.700
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	35.700
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	34.650
09128	Grapefruit juice, white, raw	247	1 cup	34.580
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	33.880
11935	Catsup	6	1 packet	33.600
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	31.720
01013	Cheese, cottage, creamed, with fruit	226	1 cup	31.640
09040	Bananas, raw	118	1 banana	30.680
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	30.240
22247	Macaroni and Cheese, canned entree	252	1 cup	30.240
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	29.280
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	29.280
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	29.280
11001	Alfalfa seeds, sprouted, raw	33	1 cup	28.710
09206	Orange juice, raw	86	juice from 1 orange	28.380
04015	Salad dressing, russian dressing	15.3	1 tbsp	27.693
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	27.600
09060	Carambola, (starfruit), raw	108	1 cup	27.000
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	26.910
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	26.240
20005	Barley, pearled, raw	200	1 cup	26.000
09070	Cherries, sweet, raw	68	10 cherries	25.840
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	25.800
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	25.515

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

Carotene, beta (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11084	Beets, canned, drained solids	170	1 cup	25.500
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	25.200
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	24.800
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	24.600
01009	Cheese, cheddar	28.35	1 oz	24.098
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	24.000
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	24.000
19089	Ice creams, vanilla, rich	74	1/2 cup	23.680
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	23.660
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	23.562
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	23.247
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	23.240
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	22.800
09060	Carambola, (starfruit), raw	91	1 fruit	22.750
01145	Butter, without salt	14.2	1 tbsp	22.436
01001	Butter, salted	14.2	1 tbsp	22.436
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	21.780
18239	Croissants, butter	57	1 croissant	21.660
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	21.600
09252	Pears, raw	166	1 pear	21.580
11954	Tomatillos, raw	34	1 medium	21.420
14545	Tea, herb, chamomile, brewed	178	6 fl oz	21.360
01128	Egg, whole, cooked, fried	46	1 large	21.160
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	21.000
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	21.000
01004	Cheese, blue	28.35	1 oz	20.979
11333	Peppers, sweet, green, raw	10	1 ring	20.800
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	20.320
01132	Egg, whole, cooked, scrambled	61	1 large	20.130
12167	Nuts, chestnuts, european, roasted	143	1 cup	20.020
01040	Cheese, swiss	28.35	1 oz	19.845
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	19.500
01035	Cheese, provolone	28.35	1 oz	19.278
11439	Sauerkraut, canned, solids and liquids	236	1 cup	18.880
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	18.850
09004	Apples, raw, without skin	110	1 cup	18.700
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	18.428
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	18.360
11226	Jerusalem-artichokes, raw	150	1 cup	18.000
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	17.861
09038	Avocados, raw, California	28.35	1 oz	17.861
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	17.820

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

Carotene, beta (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	16.900
14346	Shake, fast food, chocolate	333	16 fl oz	16.650
14347	Shake, fast food, vanilla	333	16 fl oz	16.650
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	16.520
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	16.443
01026	Cheese, mozzarella, whole milk	28.35	1 oz	16.160
01111	Milk shakes, thick vanilla	313	11 fl oz	15.650
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	15.593
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	15.480
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	15.360
01057	Eggnog	254	1 cup	15.240
09039	Avocados, raw, Florida	28.35	1 oz	15.026
09302	Raspberries, raw	123	1 cup	14.760
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	14.700
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	14.700
01125	Egg, yolk, raw, fresh	16.6	1 large	14.608
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	14.352
09081	Cranberry sauce, canned, sweetened	57	1 slice	14.250
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	14.200
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	14.000
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	13.340
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	13.330
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	13.300
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	13.250
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	13.250
01017	Cheese, cream	14.5	1 tbsp	12.905
09020	Applesauce, canned, sweetened, without salt	255	1 cup	12.750
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	12.650
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	12.615
19095	Ice creams, vanilla	66	1/2 cup	12.540
19270	Ice creams, chocolate	66	1/2 cup	12.540
01102	Milk, chocolate, fluid, commercial,	250	1 cup	12.500
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	12.500
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	12.474
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	12.300
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	12.300
01077	Milk, whole, 3.25% milkfat	244	1 cup	12.200
11674	Potato, baked, flesh and skin, without salt	202	1 potato	12.120
01110	Milk shakes, thick chocolate	300	10.6 fl oz	12.000
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	12.000
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	11.907

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

Carotene, beta (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02015	Spices, curry powder	2	1 tsp	11.840
11945	Pickle relish, sweet	15	1 tbsp	11.700
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	11.700
09316	Strawberries, raw	166	1 cup	11.620
18279	Muffins, corn, commercially prepared	57	1 muffin	11.400
09160	Lime juice, raw	38	juice of 1 lime	11.400
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	11.350
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	11.300
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	10.810
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	10.800
01053	Cream, fluid, heavy whipping	15	1 tbsp	10.800
09087	Dates, deglet noor	178	1 cup	10.680
19088	Ice creams, vanilla, light	66	1/2 cup	10.560
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	10.530
11081	Beets, cooked, boiled, drained	50	1 beet	10.500
19056	Snacks, tortilla chips, plain	28.35	1 oz	10.490
11955	Tomatoes, sun-dried	2	1 piece	10.480
11028	Bamboo shoots, canned, drained solids	131	1 cup	10.480
14341	Pineapple and orange juice drink, canned	250	8 fl oz	10.000
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	9.900
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	9.880
19013	Snacks, fruit leather, pieces	28.35	1 oz	9.639
01052	Cream, fluid, light whipping	15	1 tbsp	9.000
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	8.680
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	8.640
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	8.600
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	8.470
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	8.240
12142	Nuts, pecans	28.35	1 oz (20 halves)	8.222
11135	Cauliflower, raw	100	1 cup	8.000
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	7.920
20006	Barley, pearled, cooked	157	1 cup	7.850
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	7.840
19035	Snacks, popcorn, oil-popped	11	1 cup	7.700
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	7.500
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	7.500
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	7.500
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	7.440
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	7.440
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	7.410
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	7.320
19014	Snacks, fruit leather, rolls	21	1 large	7.140
19034	Snacks, popcorn, air-popped	8	1 cup	7.120

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

Carotene, beta (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20012	Bulgur, dry	140	1 cup	7.000
11445	Seaweed, kelp, raw	10	2 tbsp	7.000
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	6.780
18319	Pie, fried pies, fruit	128	1 pie	6.400
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	6.240
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	6.080
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	6.000
20080	Wheat flour, whole-grain	120	1 cup	6.000
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	5.880
01123	Egg, whole, raw, fresh	58	1 extra large	5.800
18245	Danish pastry, cheese	71	1 danish	5.680
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	5.550
01129	Egg, whole, cooked, hard-boiled	50	1 large	5.500
18274	Muffins, blueberry, commercially prepared	57	1 muffin	5.130
09294	Prune juice, canned	256	1 cup	5.120
01123	Egg, whole, raw, fresh	50	1 large	5.000
01131	Egg, whole, cooked, poached	50	1 large	5.000
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	5.000
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	4.960
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	4.960
01056	Cream, sour, cultured	12	1 tbsp	4.920
09153	Lemon juice, canned or bottled	244	1 cup	4.880
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	4.880
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	4.820
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	4.800
11370	Potatoes, hashed brown, home-prepared	156	1 cup	4.680
01007	Cheese, camembert	38	1 wedge	4.560
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	4.540
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	4.540
18324	Pie, pecan, commercially prepared	113	1 piece	4.520
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	4.480
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	4.414
01123	Egg, whole, raw, fresh	44	1 medium	4.400
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	4.277
21024	Fast foods, french toast sticks	141	5 sticks	4.230
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	4.200
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	4.000
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	3.990
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	3.969
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	3.920
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	3.780
01030	Cheese, muenster	28.35	1 oz	3.686

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

Carotene, beta (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11084	Beets, canned, drained solids	24	1 beet	3.600
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	3.500
11364	Potatoes, baked, skin, without salt	58	1 skin	3.480
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	3.450
01073	Dessert topping, semi solid, frozen	4	1 tbsp	3.440
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	3.402
19087	Candies, confectioner's coating, white	170	1 cup	3.400
01049	Cream, fluid, half and half	15	1 tbsp	3.300
19036	Snacks, popcorn, cakes	10	1 cake	3.300
20089	Wild rice, cooked	164	1 cup	3.280
02030	Spices, pepper, black	2.1	1 tsp	3.276
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	3.260
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	3.200
11667	Seaweed, spirulina, dried	0.93	1 tbsp	3.181
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	3.120
12120	Nuts, hazelnuts or filberts	28.35	1 oz	3.119
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	3.087
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	3.000
07064	Pork sausage, fresh, cooked	27	1 patty	2.970
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	2.907
07064	Pork sausage, fresh, cooked	26	2 links	2.860
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	2.820
20125	Spaghetti, whole-wheat, cooked	140	1 cup	2.800
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	2.720
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	2.700
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	2.500
09087	Dates, deglet noor	41.5	5 dates	2.490
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	2.450
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	2.440
18243	Croutons, seasoned	40	1 cup	2.400
11399	Potato puffs, frozen, prepared	79	10 puffs	2.370
09094	Figs, dried, uncooked	38	2 figs	2.280
09254	Pears, canned, juice pack, solids and liquids	76	1 half	2.280
19183	Puddings, chocolate, ready-to-eat	113	4 oz	2.260
19097	Sherbet, orange	74	1/2 cup	2.220
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	2.100
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	2.100
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	2.080
06150	Sauce, barbecue sauce	15.75	1 tbsp	2.048
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	1.900
01072	Dessert topping, pressurized	4	1 tbsp	1.880
18090	Cake, boston cream pie, commercially prepared	92	1 piece	1.840
20013	Bulgur, cooked	182	1 cup	1.820
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	1.750

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

Carotene, beta (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09150	Lemons, raw, without peel	58	1 lemon	1.740
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	1.701
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	1.700
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	1.700
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	1.650
20110	Noodles, egg, cooked, enriched	160	1 cup	1.600
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	1.600
11282	Onions, raw	160	1 cup	1.600
01032	Cheese, parmesan, grated	5	1 tbsp	1.550
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	1.540
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	1.500
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	1.462
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	1.410
09152	Lemon juice, raw	47	juice of 1 lemon	1.410
20083	Wheat flour, white, bread, enriched	137	1 cup	1.370
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	1.350
18110	Cake, fruitcake, commercially prepared	43	1 piece	1.290
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	1.290
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	1.280
18060	Bread, rye	32	1 slice	1.280
09316	Strawberries, raw	18	1 strawberry	1.260
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	1.200
18133	Cake, sponge, commercially prepared	30	1 shortcake	1.200
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	1.200
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	1.170
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	1.140
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	1.134
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	1.134
19201	Puddings, vanilla, ready-to-eat	113	4 oz	1.130
18320	Pie, lemon meringue, commercially prepared	113	1 piece	1.130
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	1.120
11282	Onions, raw	110	1 whole	1.100
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	1.050
11135	Cauliflower, raw	13	1 floweret	1.040
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	1.040
18061	Bread, rye, toasted	24	1 slice	0.960
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.940
18214	Crackers, cheese, regular	10	10 crackers	0.900
02010	Spices, cinnamon, ground	2.3	1 tsp	0.897
18005	Bagels, cinnamon-raisin	89	4" bagel	0.890
01019	Cheese, feta	28.35	1 oz	0.851
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.851
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0.851

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

Carotene, beta (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.840
09316	Strawberries, raw	12	1 strawberry	0.840
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.840
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.828
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.770
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.740
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.720
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.710
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	0.710
19294	Fruit butters, apple	17	1 tbsp	0.680
11284	Onions, dehydrated flakes	5	1 tbsp	0.650
16055	Carob flour	8	1 tbsp	0.640
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.640
02007	Spices, celery seed	2	1 tsp	0.620
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	0.610
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.585
19300	Jellies	19	1 tbsp	0.570
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.560
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.560
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.500
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.480
01186	Cheese, cream, fat free	15.6	1 tbsp	0.468
18053	Bread, reduced-calorie, rye	23	1 slice	0.460
20113	Noodles, chinese, chow mein	45	1 cup	0.450
01069	Cream substitute, powdered	2	1 tsp	0.400
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.352
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.350
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.340
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	0.330
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.304
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.260
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.260
18057	Bread, reduced-calorie, white	23	1 slice	0.230
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.230
18226	Crackers, rye, wafers, plain	11	1 wafer	0.220
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.190
11429	Radishes, raw	4.5	1 radish	0.180
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.180
18170	Cookies, fig bars	16	1 cookie	0.160
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.150
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.150
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.140
11282	Onions, raw	14	1 slice	0.140
18360	Taco shells, baked	13.3	1 medium	0.133

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

Carotene, beta (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02055	Horseradish, prepared	5	1 tsp	0.050
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.040
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.000
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.000
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.000
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.000
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0.000
06174	Soup, stock, fish, home-prepared	233	1 cup	0.000
18220	Crackers, melba toast, plain	20	4 pieces	0.000
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.000
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.000
18217	Crackers, matzo, plain	28.35	1 matzo	0.000
06125	Gravy, turkey, canned	59.6	1/4 cup	0.000
19080	Candies, semisweet chocolate	168	1 cup	0.000
06116	Gravy, beef, canned	58.25	1/4 cup	0.000
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.000
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.000
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.000
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.000
19074	Candies, caramels	10.1	1 piece	0.000
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.000
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.000
06119	Gravy, chicken, canned	59.5	1/4 cup	0.000
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.000
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.000
07024	Frankfurter, chicken	45	1 frank	0.000
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.000
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.000
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.000
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.000
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.000
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.000
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.000
07069	Salami, cooked, beef and pork	56.7	2 slices	0.000
07072	Salami, dry or hard, pork, beef	20	2 slices	0.000
07073	Sandwich spread, pork, beef	15	1 tbsp	0.000
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	0.000
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.000
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0.000
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.000
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.000
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.000

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

Carotene, beta (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.000
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.000
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.000
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.000
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.000
07027	Ham, chopped, not canned	21	2 slices	0.000
18177	Cookies, molasses	15	1 cookie, medium	0.000
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.000
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	0.000
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.000
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.000
07008	Bologna, beef and pork	56.7	2 slices	0.000
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.000
07017	Chicken roll, light meat	56.7	2 slices	0.000
07022	Frankfurter, beef	45	1 frank	0.000
07023	Frankfurter, beef and pork	45	1 frank	0.000
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.000
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.000
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.000
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.000
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.000
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.000
18353	Rolls, hard (includes kaiser)	57	1 roll	0.000
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.000
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.000
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.000
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.000
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.000
12104	Nuts, coconut meat, raw	45	1 piece	0.000
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	0.000
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.000
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.000
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.000
13350	Beef, cured, dried	28.35	1 oz	0.000
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.000
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.000
01124	Egg, white, raw, fresh	33.4	1 large	0.000
19041	Snacks, pork skins, plain	28.35	1 oz	0.000
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0.000
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.000
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.000

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

Carotene, beta (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.000
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.000
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.000
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.000
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.000
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.000
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.000
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.000
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
02026	Spices, onion powder	2.1	1 tsp	0.000
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.000
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.000
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.000
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.000
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.000
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.000
04582	Vegetable oil, canola	14	1 tbsp	0.000
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.000
19071	Candies, carob	28.35	1 oz	0.000
18235	Crackers, whole-wheat	16	4 crackers	0.000
18232	Crackers, wheat, regular	8	4 crackers	0.000
18229	Crackers, standard snack-type, regular	12	4 crackers	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.000
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	0.000
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.000
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.000
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.000
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.000
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0.000
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.000
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0.000
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.000
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.000
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.000

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

Carotene, beta (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05277	Chicken, canned, meat only, with broth	142	5 oz	0.000
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.000
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.000
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.000
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.000
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.000
18283	Muffins, oat bran	57	1 muffin	0.000
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.000
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.000
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.000
02047	Salt, table	6	1 tsp	0.000
02048	Vinegar, cider	15	1 tbsp	0.000
02050	Vanilla extract	4.2	1 tsp	0.000
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.000
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.000
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.000
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.000
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.000
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.000
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.000
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.000
02020	Spices, garlic powder	2.8	1 tsp	0.000
04002	Lard	12.8	1 tbsp	0.000
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.000
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.000
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.000
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.000
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.000
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.000
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.000
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.000
15141	Crustaceans, crab, blue, canned	135	1 cup	0.000
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.000
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.000
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.000
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.000
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.000
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.000

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

Carotene, beta (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.000
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.000
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.000
19353	Syrups, maple	20	1 tbsp	0.000
19350	Syrups, corn, light	20	1 tbsp	0.000
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.000
19336	Sugars, powdered	8	1 tbsp	0.000
19335	Sugars, granulated	4.2	1 tsp	0.000
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.000
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.000
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.000
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.000
09298	Raisins, seedless	145	1 cup	0.000
09298	Raisins, seedless	14	1 packet	0.000
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.000
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.000
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.000
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.000
20011	Buckwheat flour, whole-groat	120	1 cup	0.000
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.000
09340	Pears, asian, raw	122	1 pear	0.000
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.000
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.000
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.000
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.000
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.000
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.000
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.000
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.000
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.000
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.000
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.000
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.000
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.000
09340	Pears, asian, raw	275	1 pear	0.000
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.000
19334	Sugars, brown	3.2	1 tsp	0.000
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.000
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.000
11215	Garlic, raw	3	1 clove	0.000
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.000

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

Carotene, beta (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.000
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.000
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.000
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.000
14429	Water, municipal	237	8 fl oz	0.000
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.000
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.000
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.000
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.000
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.000
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.000
11260	Mushrooms, raw	70	1 cup	0.000
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.000
11264	Mushrooms, canned, drained solids	156	1 cup	0.000
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.000
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.000
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.000
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.000
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.000
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.000
19297	Jams and preserves	20	1 tbsp	0.000
19296	Honey	21	1 tbsp	0.000
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.000
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.000
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.000
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.000
19129	Syrups, table blends, pancake	20	1 tbsp	0.000
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.000
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.000
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.000
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.000
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.000
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.000
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.000
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.000
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.000
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.000
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.000
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.000
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.000

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

Carotene, beta (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.000
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.000
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.000
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.000
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.000
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.000
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.000
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0.000
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.000
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.000
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.000
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.000
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.000
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.000
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.000
18064	Bread, wheat (includes wheat berry)	25	1 slice	0.000
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.000
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.000
20100	Macaroni, cooked, enriched	140	1 cup	0.000
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
20084	Wheat flour, white, cake, enriched	137	1 cup	0.000
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.000
19107	Candies, hard	6	1 piece	0.000
19107	Candies, hard	3	1 small piece	0.000
18055	Bread, reduced-calorie, wheat	23	1 slice	0.000
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.000
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0.000
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.000
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0.000
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.000
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.000
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.000
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.000
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.000
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.000
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.000
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	0.000
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.000
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.000
18045	Bread, pumpernickel, toasted	29	1 slice	0.000

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

Carotene, beta (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.000
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.000
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	0.000
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	0.000
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.000
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	0.000
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.000
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0.000
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.000
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.000
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0.000
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.000
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.000
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.000
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.000
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.000
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.000
20037	Rice, brown, long-grain, cooked	195	1 cup	0.000
20033	Oat bran, raw	94	1 cup	0.000
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.000
19116	Candies, marshmallows	50	1 cup	0.000
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.000
18048	Bread, raisin, toasted, enriched	24	1 slice	0.000
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.000
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.000
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.000
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.000
14277	Grape drink, canned	250	8 fl oz	0.000
20029	Couscous, cooked	157	1 cup	0.000
20027	Cornstarch	8.064	1 tbsp	0.000
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0.000
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.000
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.000
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.000
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.000
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.000
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.000
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.000
18044	Bread, pumpernickel	32	1 slice	0.000
18041	Bread, pita, white, enriched	28	4" pita	0.000
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.000

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

Carotene, beta (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19108	Candies, jellybeans	28.35	10 large	0.000
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.000
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
18040	Bread, oatmeal, toasted	25	1 slice	0.000
18039	Bread, oatmeal	27	1 slice	0.000
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.000
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.000
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.000
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.000
18033	Bread, italian	20	1 slice	0.000
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.000
18027	Bread, egg	40	1/2" slice	0.000
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.000
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.000
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.000
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.000
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.000
20068	Tapioca, pearl, dry	152	1 cup	0.000
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.000
18047	Bread, raisin, enriched	26	1 slice	0.000
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.000