

USDA National Nutrient Database for Standard Reference, Release 20

Folate, DFE (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	797
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal plu	756
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	716
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	710
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	710
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	697
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	682
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	677
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	676
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	676
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	676
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	676
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	673
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	659
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	518
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	493
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	486
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	476
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	452
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	404
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	397
20083	Wheat flour, white, bread, enriched	137	1 cup	395
20084	Wheat flour, white, cake, enriched	137	1 cup	386
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	384
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	376
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	373
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	364
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	360
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	358
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	358
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	346
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	339
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	336
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	336
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	336
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	336
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	336
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	335
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	330
35142	Frybread, made with lard (Navajo)	160	10-1/2" bread	314
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	301
21024	Fast foods, french toast sticks	141	5 sticks	299
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	294
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	282
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	269

USDA National Nutrient Database for Standard Reference, Release 20

Folate, DFE (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	263
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	257
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	256
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	255
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	243
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	240
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	238
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	230
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	230
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	226
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	222
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	221
20110	Noodles, egg, cooked, enriched	160	1 cup	221
11461	Spinach, canned, drained solids	214	1 cup	210
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	210
22401	Spaghetti with meat sauce, frozen entree	283	1 package	204
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	201
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	200
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	198
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	197
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	195
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	191
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	190
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	188
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	181
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	177
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	177
35142	Frybread, made with lard (Navajo)	90	5" bread	176
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	176
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	172
16051	Beans, white, mature seeds, canned	262	1 cup	170
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	170
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	169
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	168
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS	27	3/4 cup	168
20100	Macaroni, cooked, enriched	140	1 cup	167
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	167
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	166
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	166
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	166
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	166
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	166
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	165
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	164
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	163
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	163

USDA National Nutrient Database for Standard Reference, Release 20

Folate, DFE (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	163
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	163
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	161
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	160
22402	Beef Macaroni, frozen entree	240	1 package	158
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	157
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	156
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	156
18005	Bagels, cinnamon-raisin	89	4" bagel	155
20045	Rice, white, long-grain, regular, cooked	158	1 cup	153
21082	Fast foods, taco	263	1 large	153
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	150
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	150
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	149
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	147
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	140
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	139
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	138
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	136
11081	Beets, cooked, boiled, drained	170	1 cup	136
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	136
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	136
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	135
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	134
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	133
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	133
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	129
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	127
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	126
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	124
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	122
16073	Lima beans, large, mature seeds, canned	241	1 cup	121
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	120
18003	Bagels, egg	89	4" bagel	119
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	119
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	119
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218	1 sandwich	116
09226	Papayas, raw	304	1 papaya	116
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	115
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	113
21083	Fast foods, taco salad	198	1-1/2 cups	113
21077	Fast foods, frijoles with cheese	167	1 cup	112
21111	Fast foods, hamburger; double, regular patty; with condiments	215	1 sandwich	112
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	111

USDA National Nutrient Database for Standard Reference, Release 20

Folate, DFE (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226	1 sandwich	111
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	110
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	109
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	107
11658	Spinach souffle	136	1 cup	105
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	103
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	103
21023	Fast foods, french toast with butter	135	2 slices	103
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	102
12167	Nuts, chestnuts, european, roasted	143	1 cup	100
21082	Fast foods, taco	171	1 small	99
18041	Bread, pita, white, enriched	60	6-1/2" pita	99
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	96
18003	Bagels, egg	71	3-1/2" bagel	95
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	95
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	94
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	94
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	94
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	94
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	93
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	93
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	93
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	90
11012	Asparagus, cooked, boiled, drained	60	4 spears	89
21119	Fast foods, hotdog, with chili	114	1 sandwich	89
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	89
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166	1 sandwich	88
21074	Fast foods, enchilada, with cheese	163	1 enchilada	86
18353	Rolls, hard (includes kaiser)	57	1 roll	86
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	86
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	86
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	85
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	85
21129	Fast foods, hush puppies	78	5 pieces	83
21015	Fast foods, danish pastry, cheese	91	1 pastry	83
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	81
18283	Muffins, oat bran	57	1 muffin	79
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	78
16008	Beans, baked, canned, with franks	259	1 cup	78
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	77
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	77
11251	Lettuce, cos or romaine, raw	56	1 cup	76
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	76
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	75
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	75
09206	Orange juice, raw	248	1 cup	74

USDA National Nutrient Database for Standard Reference, Release 20

Folate, DFE (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18239	Croissants, butter	57	1 croissant	74
18309	Pie, cherry, prepared from recipe	180	1 piece	74
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	74
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	74
18350	Rolls, hamburger or hotdog, plain	43	1 roll	73
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	73
11213	Endive, raw	50	1 cup	71
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	70
11015	Asparagus, canned, drained solids	72	4 spears	69
11821	Peppers, sweet, red, raw	149	1 cup	69
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	68
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	68
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	67
21043	Fast foods, clams, breaded and fried	115	3/4 cup	66
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit-filled	37	1 bar	65
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	65
09306	Raspberries, frozen, red, sweetened	250	1 cup	65
20011	Buckwheat flour, whole-groat	120	1 cup	65
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	64
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	64
18279	Muffins, corn, commercially prepared	57	1 muffin	64
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	64
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	63
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	63
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	63
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	63
20113	Noodles, chinese, chow mein	45	1 cup	62
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	62
18324	Pie, pecan, commercially prepared	113	1 piece	61
18033	Bread, italian	20	1 slice	61
21118	Fast foods, hotdog, plain	98	1 sandwich	61
18243	Croutons, seasoned	40	1 cup	60
18245	Danish pastry, cheese	71	1 danish	60
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	59
18302	Pie, apple, prepared from recipe	155	1 piece	59
19061	Snacks, trail mix, tropical	140	1 cup	59
21088	Tostada with guacamole	130.5	1 tostada	59
22906	Chicken pot pie, frozen entree	217	1 small pie	59
11457	Spinach, raw	30	1 cup	58
15141	Crustaceans, crab, blue, canned	135	1 cup	58
22904	Chili con carne with beans, canned entree	222	1 cup	58
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	58
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	57
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	57
11135	Cauliflower, raw	100	1 cup	57
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	57
11439	Sauerkraut, canned, solids and liquids	236	1 cup	57

USDA National Nutrient Database for Standard Reference, Release 20

Folate, DFE (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11674	Potato, baked, flesh and skin, without salt	202	1 potato	57
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	56
11114	Cabbage, savoy, raw	70	1 cup	56
21042	Fast foods, chili con carne	253	1 cup	56
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	55
11090	Broccoli, raw	88	1 cup	55
22247	Macaroni and Cheese, canned entree	252	1 cup	55
11821	Peppers, sweet, red, raw	119	1 pepper	55
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	55
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	54
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	54
09200	Oranges, raw, all commercial varieties	180	1 cup	54
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	54
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	54
09226	Papayas, raw	140	1 cup	53
18306	Pie, blueberry, prepared from recipe	147	1 piece	53
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	53
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	53
20080	Wheat flour, whole-grain	120	1 cup	53
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	52
18027	Bread, egg	40	1/2" slice	52
18023	Bread, cornbread, dry mix, prepared	60	1 piece	52
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	51
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	51
18367	Waffles, plain, prepared from recipe	75	1 waffle	51
11084	Beets, canned, drained solids	170	1 cup	51
11578	Vegetable juice cocktail, canned	242	1 cup	51
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	51
06440	Soup, minestrone, canned, prepared with equal volume water	241	1 cup	51
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	50
18305	Pie, blueberry, commercially prepared	117	1 piece	50
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	49
20033	Oat bran, raw	94	1 cup	49
11540	Tomato juice, canned, with salt added	243	1 cup	49
18060	Bread, rye	32	1 slice	48
18308	Pie, cherry, commercially prepared	117	1 piece	47
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	47
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	47
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	46
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	46
18041	Bread, pita, white, enriched	28	4" pita	46
20005	Barley, pearled, raw	200	1 cup	46
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	46
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	45
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	45
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	45
09207	Orange juice, canned, unsweetened	249	1 cup	45

USDA National Nutrient Database for Standard Reference, Release 20

Folate, DFE (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09209	Orange juice, chilled, includes from concentrate	249	1 cup	45
18280	Muffins, corn, dry mix, prepared	50	1 muffin	45
18139	Cake, white, prepared from recipe without frosting	74	1 piece	44
16120	Soymilk, original and vanilla, unfortified	245	1 cup	44
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	44
18327	Pie, pumpkin, prepared from recipe	155	1 piece	43
11512	Sweet potato, canned, vacuum pack	255	1 cup	43
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	43
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	43
11143	Celery, raw	120	1 cup	43
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	43
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	43
18044	Bread, pumpnickel	32	1 slice	43
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	43
20089	Wild rice, cooked	164	1 cup	43
18268	French toast, frozen, ready-to-heat	59	1 slice	42
21017	Fast foods, danish pastry, fruit	94	1 pastry	42
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	42
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	42
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	42
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	42
18325	Pie, pecan, prepared from recipe	122	1 piece	41
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	41
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	41
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	41
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	41
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	41
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	41
18047	Bread, raisin, enriched	26	1 slice	41
18151	Cookies, brownies, commercially prepared	56	1 brownie	40
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	40
09278	Plantains, cooked	154	1 cup	40
11081	Beets, cooked, boiled, drained	50	1 beet	40
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	40
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	40
09316	Strawberries, raw	166	1 cup	40
18320	Pie, lemon meringue, commercially prepared	113	1 piece	40
09277	Plantains, raw	179	1 medium	39
09200	Oranges, raw, all commercial varieties	131	1 orange	39
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	39
11206	Cucumber, peeled, raw	280	1 large	39
11581	Vegetables, mixed, canned, drained solids	163	1 cup	39
05292	Turkey patties, breaded, battered, fried	64	1 patty	39
21127	Fast foods, coleslaw	99	3/4 cup	39
18220	Crackers, melba toast, plain	20	4 pieces	39
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	38
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	38
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	38
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	38

USDA National Nutrient Database for Standard Reference, Release 20

Folate, DFE (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	38
18116	Cake, gingerbread, prepared from recipe	74	1 piece	38
18045	Bread, pumpernickel, toasted	29	1 slice	37
18319	Pie, fried pies, fruit	128	1 pie	37
18444	Pie, fried pies, cherry	128	1 pie	37
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	37
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	37
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	37
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	37
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	36
09042	Blackberries, raw	144	1 cup	36
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	36
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	36
18061	Bread, rye, toasted	24	1 slice	36
18048	Bread, raisin, toasted, enriched	24	1 slice	36
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	35
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	35
18070	Bread, white, commercially prepared, toasted	22	1 slice	35
18326	Pie, pumpkin, commercially prepared	109	1 piece	35
20028	Couscous, dry	173	1 cup	35
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	35
11672	Potato pancakes	76	1 pancake	34
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	34
09087	Dates, deglet noor	178	1 cup	34
01095	Milk, canned, condensed, sweetened	306	1 cup	34
09181	Melons, cantaloupe, raw	160	1 cup	34
18134	Cake, sponge, prepared from recipe	63	1 piece	33
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	33
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	33
11641	Squash, summer, all varieties, raw	113	1 cup	33
20013	Bulgur, cooked	182	1 cup	33
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	33
11159	Coleslaw, home-prepared	120	1 cup	32
09184	Melons, honeydew, raw	170	1 cup	32
12120	Nuts, hazelnuts or filberts	28.35	1 oz	32
01037	Cheese, ricotta, part skim milk	246	1 cup	32
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	32
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	32
18057	Bread, reduced-calorie, white	23	1 slice	32
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	32
11546	Tomato products, canned, paste, without salt added	262	1 cup	31
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	31
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	31
18055	Bread, reduced-calorie, wheat	23	1 slice	31
20020	Cornmeal, whole-grain, yellow	122	1 cup	31
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	30
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	30
11282	Onions, raw	160	1 cup	30

USDA National Nutrient Database for Standard Reference, Release 20

Folate, DFE (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09184	Melons, honeydew, raw	160	1/8 melon	30
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	30
11109	Cabbage, raw	70	1 cup	30
09040	Bananas, raw	150	1 cup	30
01036	Cheese, ricotta, whole milk	246	1 cup	30
11424	Pumpkin, canned, without salt	245	1 cup	29
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	29
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	29
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	29
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	29
09176	Mangos, raw	207	1 mango	29
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	29
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	29
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	29
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	29
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	28
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	28
09266	Pineapple, raw, all varieties	155	1 cup	28
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	28
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	28
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	28
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	28
11547	Tomato products, canned, puree, without salt added	250	1 cup	28
01123	Egg, whole, raw, fresh	58	1 extra large	27
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	27
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	27
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	27
11549	Tomato products, canned, sauce	245	1 cup	27
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	27
01164	Cheese sauce, prepared from recipe	243	1 cup	27
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	27
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	27
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	26
09302	Raspberries, raw	123	1 cup	26
09206	Orange juice, raw	86	juice from 1 orange	26
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	26
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	26
22905	Beef stew, canned entree	232	1 cup	26
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	26
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	26
09038	Avocados, raw, California	28.35	1 oz	25
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	25
20006	Barley, pearled, cooked	157	1 cup	25
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	25
06166	Sauce, homemade, white, medium	250	1 cup	25
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	25
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	25
11370	Potatoes, hashed brown, home-prepared	156	1 cup	25

USDA National Nutrient Database for Standard Reference, Release 20

Folate, DFE (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	25
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	25
01013	Cheese, cottage, creamed, with fruit	226	1 cup	25
18064	Bread, wheat	25	1 slice	25
09128	Grapefruit juice, white, raw	247	1 cup	25
09404	Grapefruit juice, pink, raw	247	1 cup	25
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	25
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	25
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	25
09153	Lemon juice, canned or bottled	244	1 cup	24
01125	Egg, yolk, raw, fresh	16.6	1 large	24
18214	Crackers, cheese, regular	10	10 crackers	24
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	24
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	24
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	24
09040	Bananas, raw	118	1 banana	24
01007	Cheese, camembert	38	1 wedge	24
20029	Couscous, cooked	157	1 cup	24
12637	Nuts, mixed nuts, with peanuts, oil roasted, with salt added	28.35	1 oz	24
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	24
20010	Buckwheat groats, roasted, cooked	168	1 cup	24
01123	Egg, whole, raw, fresh	50	1 large	24
18039	Bread, oatmeal	27	1 slice	23
01128	Egg, whole, cooked, fried	46	1 large	23
09176	Mangos, raw	165	1 cup	23
01097	Milk, canned, evaporated, nonfat	256	1 cup	23
18065	Bread, wheat, toasted	23	1 slice	23
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	23
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	23
14341	Pineapple and orange juice drink, canned	250	8 fl oz	23
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	23
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	22
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	22
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	22
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	22
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	22
09340	Pears, asian, raw	275	1 pear	22
01129	Egg, whole, cooked, hard-boiled	50	1 large	22
01111	Milk shakes, thick vanilla	313	11 fl oz	22
18177	Cookies, molasses	15	1 cookie, medium	22
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	22
19080	Candies, semisweet chocolate	168	1 cup	22
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	22
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	22
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	22
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	22
18133	Cake, sponge, commercially prepared	30	1 shortcake	21

USDA National Nutrient Database for Standard Reference, Release 20

Folate, DFE (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	21
11253	Lettuce, green leaf, raw	56	1 cup	21
19411	Snacks, potato chips, plain, salted	28.35	1 oz	21
14006	Alcoholic beverage, beer, light	354	12 fl oz	21
11205	Cucumber, with peel, raw	301	1 large	21
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	21
11282	Onions, raw	110	1 whole	21
11124	Carrots, raw	110	1 cup	21
01123	Egg, whole, raw, fresh	44	1 medium	21
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	21
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	20
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	20
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	20
19126	Candies, milk chocolate coated peanuts	40	10 pieces	20
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	20
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	20
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	20
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	20
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	20
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	20
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	20
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	20
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	20
18316	Pie, coconut custard, commercially prepared	104	1 piece	20
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	20
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	20
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	20
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	20
11090	Broccoli, raw	31	1 spear	20
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	20
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	20
11226	Jerusalem-artichokes, raw	150	1 cup	20
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	20
15034	Fish, haddock, cooked, dry heat	150	1 fillet	20
11457	Spinach, raw	10	1 leaf	19
18310	Pie, chocolate creme, commercially prepared	113	1 piece	19
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	19
18053	Bread, reduced-calorie, rye	23	1 slice	19
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	19
18025	Bread, cracked-wheat	25	1 slice	19
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	19
18040	Bread, oatmeal, toasted	25	1 slice	19
11264	Mushrooms, canned, drained solids	156	1 cup	19
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	19
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	19

USDA National Nutrient Database for Standard Reference, Release 20

Folate, DFE (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	19
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	19
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	18
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	18
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	18
01132	Egg, whole, cooked, scrambled	61	1 large	18
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	18
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	18
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	18
11445	Seaweed, kelp, raw	10	2 tbsp	18
19155	Candies, MASTERFOODS USA, SNICKERS Bar	57	1 bar (2 oz)	18
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	18
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	18
11414	Potato salad, home-prepared	250	1 cup	18
01131	Egg, whole, cooked, poached	50	1 large	18
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	18
18120	Cake, pound, commercially prepared, butter	28	1 piece	17
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	17
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	17
18229	Crackers, standard snack-type, regular	12	4 crackers	17
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	17
08143	Cereals, WHEATENA, cooked with water	243	1 cup	17
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	17
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	17
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	17
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	17
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	17
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	17
11206	Cucumber, peeled, raw	119	1 cup	17
14346	Shake, fast food, chocolate	333	16 fl oz	17
18090	Cake, boston cream pie, commercially prepared	92	1 piece	17
15128	Fish, tuna salad	205	1 cup	16
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	16
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	16
09055	Blueberries, frozen, sweetened	230	1 cup	16
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	16
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	16
18147	Cheesecake commercially prepared	80	1 piece	16
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	16
18086	Cake, angelfood, commercially prepared	28	1 piece	16
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	16
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	16
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	16
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	16
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	16
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	16

USDA National Nutrient Database for Standard Reference, Release 20

Folate, DFE (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	16
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	16
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	15
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	15
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	15
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	15
11297	Parsley, raw	10	10 sprigs	15
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	15
01110	Milk shakes, thick chocolate	300	10.6 fl oz	15
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	15
11333	Peppers, sweet, green, raw	149	1 cup	15
18232	Crackers, wheat, regular	8	4 crackers	15
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	15
16097	Peanut butter, chunk style, with salt	16	1 tbsp	15
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	15
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	15
18088	Cake, angelfood, dry mix, prepared	50	1 piece	15
09181	Melons, cantaloupe, raw	69	1/8 melon	14
11143	Celery, raw	40	1 stalk	14
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	14
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	14
12061	Nuts, almonds	28.35	1 oz (24 nuts)	14
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	14
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	14
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	14
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	14
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	14
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	14
11363	Potatoes, baked, flesh, without salt	156	1 potato	14
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	14
18075	Bread, whole-wheat, commercially prepared	28	1 slice	14
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	14
18110	Cake, fruitcake, commercially prepared	43	1 piece	14
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	14
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	14
11124	Carrots, raw	72	1 carrot	14
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	14
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	14
15157	Mollusks, clam, mixed species, raw	85	3 oz	14
11251	Lettuce, cos or romaine, raw	10	1 leaf	14
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	13
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	13
11128	Carrots, canned, regular pack, drained solids	146	1 cup	13
20034	Oat bran, cooked	219	1 cup	13
16112	Miso	68.75	1 cup	13

USDA National Nutrient Database for Standard Reference, Release 20

Folate, DFE (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	13
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	13
09060	Carambola, (starfruit), raw	108	1 cup	13
11961	Hearts of palm, canned	33	1 piece	13
11364	Potatoes, baked, skin, without salt	58	1 skin	13
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	13
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	13
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	13
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	13
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	13
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	13
11112	Cabbage, red, raw	70	1 cup	13
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	13
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	13
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	13
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	12
09223	Tangerine juice, canned, sweetened	249	1 cup	12
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	12
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	12
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	12
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	12
01077	Milk, whole, 3.25% milkfat	244	1 cup	12
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	12
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	12
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	12
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	12
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	12
06024	Soup, chicken vegetable, chunky, canned, ready-to-serve	240	1 cup	12
19087	Candies, white chocolate	170	1 cup	12
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	12
11333	Peppers, sweet, green, raw	119	1 pepper	12
11001	Alfalfa seeds, sprouted, raw	33	1 cup	12
16098	Peanut butter, smooth style, with salt	16	1 tbsp	12
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	12
12104	Nuts, coconut meat, raw	45	1 piece	12
09252	Pears, raw	166	1 pear	12
16158	Hummus, commercial	14	1 tbsp	12
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	12
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	12
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	12
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	11
18360	Taco shells, baked	13.3	1 medium	11
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	11
11260	Mushrooms, white, raw	70	1 cup	11
11399	Potato puffs, frozen, oven-heated	79	10 puffs	11
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	11
15034	Fish, haddock, cooked, dry heat	85	3 oz	11
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	11

USDA National Nutrient Database for Standard Reference, Release 20

Folate, DFE (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19140	Candies, MASTERFOODS USA, M&M's Peanut Chocolate Candies	20	10 pieces	11
09060	Carambola, (starfruit), raw	91	1 fruit	11
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	11
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	11
19270	Ice creams, chocolate	66	1/2 cup	11
11670	Peppers, hot chili, green, raw	45	1 pepper	10
11819	Peppers, hot chili, red, raw	45	1 pepper	10
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	10
01004	Cheese, blue	28.35	1 oz	10
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	10
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	10
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	10
09039	Avocados, raw, Florida	28.35	1 oz	10
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	10
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	10
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	10
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	10
09340	Pears, asian, raw	122	1 pear	10
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	10
12147	Nuts, pine nuts, dried	28.35	1 oz	10
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	10
21033	Fast foods, sundae, hot fudge	158	1 sundae	9
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	9
11655	Carrot juice, canned	236	1 cup	9
01143	Egg substitute, liquid	62.75	1/4 cup	9
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	9
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	9
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	9
23610	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	9
23605	Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	9
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	9
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	9
01019	Cheese, feta	28.35	1 oz	9
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	9
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	9
14355	Tea, brewed, prepared with tap water	178	6 fl oz	9
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	9
09050	Blueberries, raw	145	1 cup	9
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	9
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	9
09326	Watermelon, raw	286	1 wedge	9
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	9
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	9
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	9
23598	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	9

USDA National Nutrient Database for Standard Reference, Release 20

Folate, DFE (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	9
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	9
18170	Cookies, fig bars	16	1 cookie	8
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	8
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	8
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	8
11284	Onions, dehydrated flakes	5	1 tbsp	8
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	8
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	8
19078	Baking chocolate, unsweetened, squares	28.35	1 square	8
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	8
09087	Dates, deglet noor	41.5	5 dates	8
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	8
11740	Broccoli, flower clusters, raw	11	1 floweret	8
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	8
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	8
20037	Rice, brown, long-grain, cooked	195	1 cup	8
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	8
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	8
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	8
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	8
19422	Snacks, potato chips, reduced fat	28.35	1 oz	8
13348	Beef, cured, corned beef, canned	85.05	3 oz	8
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	8
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	8
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	8
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	8
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	8
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	8
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	8
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	8
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	8
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	8
09250	Peaches, frozen, sliced, sweetened	250	1 cup	8
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248	1 cup	7
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	7
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	7
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	7
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	7
11135	Cauliflower, raw	13	1 floweret	7
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	7
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	7
11205	Cucumber, with peel, raw	104	1 cup	7
09298	Raisins, seedless	145	1 cup	7
11084	Beets, canned, drained solids	24	1 beet	7
06121	Gravy, mushroom, canned	59.6	1/4 cup	7

USDA National Nutrient Database for Standard Reference, Release 20

Folate, DFE (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	7
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	7
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	7
20125	Spaghetti, whole-wheat, cooked	140	1 cup	7
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	7
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	7
13930	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	7
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	7
09191	Nectarines, raw	136	1 nectarine	7
09236	Peaches, raw	170	1 cup	7
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	7
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	7
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	7
19015	Snacks, granola bars, hard, plain	28.35	1 bar	7
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	6
21139	Fast foods, potato, mashed	80	1/3 cup	6
09150	Lemons, raw, without peel	58	1 lemon	6
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	6
12142	Nuts, pecans	28.35	1 oz (20 halves)	6
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	6
09152	Lemon juice, raw	47	juice of 1 lemon	6
20068	Tapioca, pearl, dry	152	1 cup	6
19071	Candies, carob, unsweetened	28.35	1 oz	6
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	6
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	6
19089	Ice creams, vanilla, rich	74	1/2 cup	6
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	6
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	6
01186	Cheese, cream, fat free	15.6	1 tbsp	6
05306	Poultry food products, ground turkey, cooked	82	1 patty	6
05286	Turkey and gravy, frozen	142	5-oz package	6
05277	Chicken, canned, meat only, with broth	142	5 oz	6
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	6
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	6
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	6
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	5
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	5
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	5
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	5
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	5
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	5
01009	Cheese, cheddar	28.35	1 oz	5
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	5
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	5

USDA National Nutrient Database for Standard Reference, Release 20

Folate, DFE (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	5
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	5
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	5
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	5
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	5
07024	Frankfurter, chicken	45	1 frank	5
18226	Crackers, rye, wafers, plain	11	1 wafer	5
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	5
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	5
18217	Crackers, matzo, plain	28.35	1 matzo	5
06174	Soup, stock, fish, home-prepared	233	1 cup	5
09326	Watermelon, raw	152	1 cup	5
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	5
19193	Puddings, rice, ready-to-eat	113.4	4 oz	5
18235	Crackers, whole-wheat	16	4 crackers	4
09316	Strawberries, raw	18	1 strawberry	4
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	4
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	4
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	4
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	4
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	4
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	4
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	4
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	4
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	4
09003	Apples, raw, with skin	138	1 apple	4
02027	Spices, oregano, dried	1.5	1 tsp	4
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	4
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	4
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	4
19088	Ice creams, vanilla, light	66	1/2 cup	4
11028	Bamboo shoots, canned, drained solids	131	1 cup	4
09236	Peaches, raw	98	1 peach	4
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	4
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	4
11253	Lettuce, green leaf, raw	10	1 leaf	4
09160	Lime juice, raw	38	juice of 1 lime	4
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	4
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	4
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	4
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	4
04134	Salad dressing, home recipe, cooked	16	1 tbsp	4
09032	Apricots, dried, sulfured, uncooked	35	10 halves	4
02026	Spices, onion powder	2.1	1 tsp	3
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	3
09094	Figs, dried, uncooked	38	2 figs	3
07017	Chicken roll, light meat	56.7	2 slices	3
01030	Cheese, muenster	28.35	1 oz	3

USDA National Nutrient Database for Standard Reference, Release 20

Folate, DFE (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
07008	Bologna, beef and pork	56.7	2 slices	3
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	3
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	3
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	3
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	3
11677	Shallots, raw	10	1 tbsp	3
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	3
19218	Puddings, tapioca, ready-to-eat	113	4 oz	3
19183	Puddings, chocolate, ready-to-eat	113	4 oz	3
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	3
09279	Plums, raw	66	1 plum	3
19095	Ice creams, vanilla	66	1/2 cup	3
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	3
11156	Chives, raw	3	1 tbsp	3
09021	Apricots, raw	35	1 apricot	3
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	3
01031	Cheese, neufchatel	28.35	1 oz	3
02015	Spices, curry powder	2	1 tsp	3
01094	Milk, buttermilk, dried	6.5	1 tbsp	3
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	3
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	3
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	3
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	3
19097	Sherbet, orange	74	1/2 cup	3
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	3
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	3
12147	Nuts, pine nuts, dried	8.6	1 tbsp	3
09316	Strawberries, raw	12	1 strawberry	3
02055	Horseradish, prepared	5	1 tsp	3
13350	Beef, cured, dried	28.35	1 oz	3
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	3
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	3
01035	Cheese, provolone	28.35	1 oz	3
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	3
09070	Cherries, sweet, raw	68	10 cherries	3
11960	Carrots, baby, raw	10	1 medium	3
11282	Onions, raw	14	1 slice	3
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	3
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	3
02009	Spices, chili powder	2.6	1 tsp	3
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	3
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	3
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	3
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	3
09020	Applesauce, canned, sweetened, without salt	255	1 cup	3
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	3
01057	Eggnog	254	1 cup	3

USDA National Nutrient Database for Standard Reference, Release 20

Folate, DFE (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	3
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	3
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	3
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	3
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	2
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	2
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	2
19034	Snacks, popcorn, air-popped	8	1 cup	2
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	2
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	2
06416	Soup, cream of chicken, canned, prepared with equal volume water	244	1 cup	2
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	2
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	61	1 bar (2.15 oz)	2
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241	1 cup	2
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	2
11954	Tomatillos, raw	34	1 medium	2
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	2
02029	Spices, parsley, dried	1.3	1 tbsp	2
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	2
16055	Carob flour	8	1 tbsp	2
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	2
19201	Puddings, vanilla, ready-to-eat	113	4 oz	2
07022	Frankfurter, beef	45	1 frank	2
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	2
02028	Spices, paprika	2.1	1 tsp	2
19297	Jams and preserves	20	1 tbsp	2
15111	Fish, swordfish, cooked, dry heat	106	1 piece	2
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	2
14194	Cocoa mix, powder, prepared with water	206	1 serving	2
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	2
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	2
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	2
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	2
01026	Cheese, mozzarella, whole milk	28.35	1 oz	2
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	2
14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	2
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	2
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	2
01017	Cheese, cream	14.5	1 tbsp	2
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	2
19036	Snacks, popcorn, cakes	10	1 cake	2
19104	Candies, fudge, vanilla with nuts	15	1 piece	2
07023	Frankfurter, beef and pork	45	1 frank	2
14545	Tea, herb, chamomile, brewed	178	6 fl oz	2
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	2
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	2
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	2

USDA National Nutrient Database for Standard Reference, Release 20

Folate, DFE (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	2
15077	Fish, salmon, chinook, smoked	85.05	3 oz	2
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	2
01040	Cheese, swiss	28.35	1 oz	2
14192	Cocoa mix, powder	28.35	3 heaping tsp	2
07069	Salami, cooked, beef and pork	56.7	2 slices	2
15111	Fish, swordfish, cooked, dry heat	85	3 oz	2
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	2
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	2
09291	Plums, dried (prunes), uncooked	42	5 prunes	2
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	2
09153	Lemon juice, canned or bottled	15.2	1 tbsp	2
02045	Dill weed, fresh	1	5 sprigs	2
11935	Catsup	15	1 tbsp	2
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	1
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	1
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	1
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	1
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	1
11955	Tomatoes, sun-dried	2	1 piece	1
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	1
01124	Egg, white, raw, fresh	33.4	1 large	1
01056	Cream, sour, cultured	12	1 tbsp	1
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	1
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	1
19040	Snacks, popcorn, cheese-flavor	11	1 cup	1
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	1
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	1
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	1
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	1
19013	Snacks, fruit leather, pieces	28.35	1 oz	1
11429	Radishes, raw	4.5	1 radish	1
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	1
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	1
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	1
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	1
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	1
11333	Peppers, sweet, green, raw	10	1 ring	1
11667	Seaweed, spirulina, dried	0.93	1 tbsp	1
07064	Pork sausage, fresh, cooked	27	1 patty	1
07064	Pork sausage, fresh, cooked	26	2 links	1
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	1
04015	Salad dressing, russian dressing	15.3	1 tbsp	1
19348	Syrups, chocolate, fudge-type	19	1 tbsp	1
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	1
09254	Pears, canned, juice pack, solids and liquids	76	1 half	1
11943	Pimento, canned	12	1 tbsp	1
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	18	1 fun size bar	1

USDA National Nutrient Database for Standard Reference, Release 20

Folate, DFE (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19127	Candies, milk chocolate coated raisins	10	10 pieces	1
09298	Raisins, seedless	14	1 packet	1
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	1
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	1
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	1
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	1
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	1
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	1
01053	Cream, fluid, heavy whipping	15	1 tbsp	1
11935	Catsup	6	1 packet	1
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	1
01052	Cream, fluid, light whipping	15	1 tbsp	1
09081	Cranberry sauce, canned, sweetened	57	1 slice	1
19141	Candies, MASTERFOODS USA, M&M's Milk Chocolate Candies	7	10 pieces	1
07065	Pork and beef sausage, fresh, cooked	26	2 links	1
01032	Cheese, parmesan, grated	5	1 tbsp	1
19116	Candies, marshmallows	50	1 cup	1
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0
01049	Cream, fluid, half and half	15	1 tbsp	0
01001	Butter, salted	14.2	1 tbsp	0
01145	Butter, without salt	14.2	1 tbsp	0
19014	Snacks, fruit leather, rolls	21	1 large	0
19296	Honey	21	1 tbsp	0
19074	Candies, caramels	10.1	1 piece	0
07072	Salami, dry or hard, pork, beef	20	2 slices	0
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0
19300	Jellies	19	1 tbsp	0
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0
14181	Chocolate syrup	18.75	1 tbsp	0
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0
06150	Sauce, barbecue	15.75	1 tbsp	0
07073	Sandwich spread, pork, beef	15	1 tbsp	0
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0
04585	Margarine-butter blend, soybean oil and butter	14.2	1 tbsp	0
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0
02030	Spices, pepper, black	2.1	1 tsp	0
07027	Ham, chopped, not canned	21	2 slices	0
02007	Spices, celery seed	2	1 tsp	0
19294	Fruit butters, apple	17	1 tbsp	0
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0
11945	Pickle relish, sweet	15	1 tbsp	0
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0
02010	Spices, cinnamon, ground	2.3	1 tsp	0
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0
11215	Garlic, raw	3	1 clove	0

USDA National Nutrient Database for Standard Reference, Release 20

Folate, DFE (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02020	Spices, garlic powder	2.8	1 tsp	0
19156	Candies, MASTERFOODS USA, STARBURST Fruit Chews, Original fruits	5	1 piece	0
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0
04613	Margarine, margarine-like vegetable oil spread, 60% fat, tub	4.8	1 tsp	0
04128	Margarine-like spread, (approximately 37% fat), unspecified oils	4.8	1 tsp	0
19334	Sugars, brown	3.2	1 tsp	0
19129	Syrups, table blends, pancake	20	1 tbsp	0
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0
19336	Sugars, powdered	8	1 tbsp	0
19350	Syrups, corn, light	20	1 tbsp	0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0
14347	Shake, fast food, vanilla	333	16 fl oz	0
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0
09193	Olives, ripe, canned (small-extra large)	22	5 large	0
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0
01072	Dessert topping, pressurized	4	1 tbsp	0
19353	Syrups, maple	20	1 tbsp	0
09294	Prune juice, canned	256	1 cup	0
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0
09004	Apples, raw, without skin	110	1 cup	0
09011	Apples, dried, sulfured, uncooked	32	5 rings	0
19335	Sugars, granulated	4.2	1 tsp	0
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0
14429	Water, tap, municipal	237	8 fl oz	0
01069	Cream substitute, powdered	2	1 tsp	0
14121	Carbonated beverage, club soda	355	12 fl oz	0
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0
04133	Salad dressing, french, home recipe	14	1 tbsp	0
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0

USDA National Nutrient Database for Standard Reference, Release 20

Folate, DFE (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0
04582	Oil, vegetable, canola	14	1 tbsp	0
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0
14136	Carbonated beverage, ginger ale	366	12 fl oz	0
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0
07028	Ham, sliced, extra lean	56.7	2 slices	0
19041	Snacks, pork skins, plain	28.35	1 oz	0
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	0
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	0
18373	Leavening agents, cream of tartar	3	1 tsp	0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0
18372	Leavening agents, baking soda	4.6	1 tsp	0
06094	Soup, onion, dry, mix	39	1 packet	0
14142	Carbonated beverage, grape soda	372	12 fl oz	0
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0
14277	Grape drink, canned	250	8 fl oz	0
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0
20027	Cornstarch	8.064	1 tbsp	0
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0
19108	Candies, jellybeans	28.35	10 large	0
19107	Candies, hard	6	1 piece	0
14157	Carbonated beverage, root beer	370	12 fl oz	0
19107	Candies, hard	3	1 small piece	0
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0
14150	Carbonated beverage, orange	372	12 fl oz	0
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0
02047	Salt, table	6	1 tsp	0
02048	Vinegar, cider	15	1 tbsp	0
02050	Vanilla extract	4.2	1 tsp	0
04002	Lard	12.8	1 tbsp	0
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0

USDA National Nutrient Database for Standard Reference, Release 20

Folate, DFE (μg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0