

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Carotene, beta (µg)

Food Groups: Vegetables and Vegetable Products
Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: 100 g
Report Run at: April 10, 2016 13:44 EDT

NDB_No	Description	Carotene, beta(µg) Value Per
11931	Peppers, sweet, red, freeze-dried	42,891.00
11683	Carrot, dehydrated	33,954.00
11974	Grape leaves, raw	16,194.00
11962	Peppers, hot chile, sun-dried	14,844.00
11517	Sweet potato, frozen, cooked, baked, without salt	12,498.00
11508	Sweet potato, cooked, baked in skin, flesh, without salt	11,509.00
11510	Sweet potato, cooked, boiled, without skin	9,444.00
11876	Sweet potato, cooked, boiled, without skin, with salt	9,444.00
11655	Carrot juice, canned	9,303.00
11236	Kale, frozen, cooked, boiled, drained, without salt	8,823.00
11791	Kale, frozen, cooked, boiled, drained, with salt	8,823.00
11782	Dandelion greens, cooked, boiled, drained, with salt	8,727.00
11507	Sweet potato, raw, unprepared	8,509.00
11125	Carrots, cooked, boiled, drained, without salt	8,332.00
11757	Carrots, cooked, boiled, drained, with salt	8,332.00
11124	Carrots, raw	8,285.00
11131	Carrots, frozen, cooked, boiled, drained, without salt	8,199.00
11760	Carrots, frozen, cooked, boiled, drained, with salt	8,199.00
11234	Kale, cooked, boiled, drained, without salt	8,173.00
11790	Kale, cooked, boiled, drained, with salt	8,173.00
11271	Mustard greens, cooked, boiled, drained, without salt	7,400.00
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	7,237.00
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	7,237.00
11130	Carrots, frozen, unprepared	7,047.00
11463	Spinach, frozen, chopped or leaf, unprepared	7,035.00
11568	Turnip greens, raw	6,952.00
11424	Pumpkin, canned, without salt	6,940.00
11846	Pumpkin, canned, with salt	6,940.00

NDB_No	Description	Carotene, beta(µg) Value Per
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	6,818.00
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	6,818.00
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	6,664.00
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	6,459.00
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	6,459.00
11960	Carrots, baby, raw	6,391.00
11799	Mustard greens, cooked, boiled, drained, with salt	6,300.00
11458	Spinach, cooked, boiled, drained, without salt	6,288.00
11854	Spinach, cooked, boiled, drained, with salt	6,288.00
11516	Sweet potato, frozen, unprepared	6,220.00
11126	Carrots, canned, regular pack, solids and liquids	5,940.00
11233	Kale, raw	5,927.00
11461	Spinach, canned, regular pack, drained solids	5,881.00
11207	Dandelion greens, raw	5,854.00
11581	Vegetables, mixed, canned, drained solids	5,670.00
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	5,670.00
11457	Spinach, raw	5,626.00
11163	Collards, frozen, chopped, unprepared	5,510.00
11647	Sweet potato, canned, syrup pack, drained solids	5,501.00
11128	Carrots, canned, regular pack, drained solids	5,331.00
11758	Carrots, canned, no salt added, solids and liquids	5,331.00
11759	Carrots, canned, no salt added, drained solids	5,331.00
11251	Lettuce, cos or romaine, raw	5,226.00
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	5,220.00
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	5,220.00
11514	Sweet potato, canned, mashed	5,219.00
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	5,204.00
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	5,167.00
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	5,167.00
11297	Parsley, fresh	5,054.00
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	4,872.00
11459	Spinach, canned, regular pack, solids and liquids	4,850.00
11855	Spinach, canned, no salt added, solids and liquids	4,850.00
11512	Sweet potato, canned, vacuum pack	4,790.00
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	4,725.00
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	4,725.00

NDB_No	Description	Carotene, beta(µg) Value Per
11245	Lambsquarters, cooked, boiled, drained, without salt	4,688.00
11794	Lambsquarters, cooked, boiled, drained, with salt	4,688.00
11087	Beet greens, cooked, boiled, drained, without salt	4,590.00
11736	Beet greens, cooked, boiled, drained, with salt	4,590.00
11569	Turnip greens, cooked, boiled, drained, without salt	4,575.00
11891	Turnip greens, cooked, boiled, drained, with salt	4,575.00
11486	Squash, winter, butternut, cooked, baked, without salt	4,570.00
11866	Squash, winter, butternut, cooked, baked, with salt	4,570.00
11645	Sweet potato, canned, syrup pack, solids and liquids	4,518.00
11162	Collards, cooked, boiled, drained, without salt	4,513.00
11768	Collards, cooked, boiled, drained, with salt	4,513.00
11257	Lettuce, red leaf, raw	4,495.00
11253	Lettuce, green leaf, raw	4,443.00
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	4,246.00
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	4,246.00
11485	Squash, winter, butternut, raw	4,226.00
11223	Drumstick leaves, cooked, boiled, drained, without salt	4,208.00
11786	Drumstick leaves, cooked, boiled, drained, with salt	4,208.00
11203	Cress, garden, raw	4,150.00
11208	Dandelion greens, cooked, boiled, drained, without salt	3,940.00
11165	Coriander (cilantro) leaves, raw	3,930.00
11659	Sweet potato, cooked, candied, home-prepared	3,858.00
11086	Beet greens, raw	3,794.00
11148	Chard, swiss, cooked, boiled, drained, without salt	3,652.00
11765	Chard, swiss, cooked, boiled, drained, with salt	3,652.00
11147	Chard, swiss, raw	3,647.00
11490	Squash, winter, hubbard, baked, without salt	3,580.00
11868	Squash, winter, hubbard, baked, with salt	3,580.00
43387	Turnip greens, canned, no salt added	3,573.00
11152	Chicory greens, raw	3,430.00
11816	Peas and carrots, canned, no salt added, solids and liquids	3,400.00
11634	Peppers, sweet, green, freeze-dried	3,177.00
11446	Seaweed, laver, raw	3,121.00
11232	Jute, potherb, cooked, boiled, drained, without salt	3,111.00
11789	Jute, potherb, cooked, boiled, drained, with salt	3,111.00
11422	Pumpkin, raw	3,100.00

NDB_No	Description	Carotene, beta(µg) Value Per
11161	Collards, raw	2,991.00
11520	Taro leaves, raw	2,895.00
11975	Grape leaves, canned	2,838.00
11644	Squash, winter, all varieties, cooked, baked, without salt	2,793.00
11863	Squash, winter, all varieties, cooked, baked, with salt	2,793.00
11204	Cress, garden, cooked, boiled, drained, without salt	2,790.00
11781	Cress, garden, cooked, boiled, drained, with salt	2,790.00
11097	Broccoli raab, cooked	2,720.00
11116	Cabbage, chinese (pak-choi), raw	2,681.00
11156	Chives, raw	2,612.00
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	2,549.00
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	2,549.00
11292	Onions, young green, tops only	2,400.00
11505	Sweet potato leaves, raw	2,217.00
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	2,139.00
11423	Pumpkin, cooked, boiled, drained, without salt	2,096.00
11845	Pumpkin, cooked, boiled, drained, with salt	2,096.00
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	2,082.00
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	2,082.00
11250	Lettuce, butterhead (includes boston and bibb types), raw	1,987.00
11591	Watercress, raw	1,914.00
11487	Squash, winter, butternut, frozen, unprepared	1,904.00
11270	Mustard greens, raw	1,790.00
11506	Sweet potato leaves, cooked, steamed, without salt	1,725.00
11874	Sweet potato leaves, cooked, steamed, with salt	1,725.00
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	1,641.00
11821	Peppers, sweet, red, raw	1,624.00
11096	Broccoli raab, raw	1,573.00
11921	Peppers, sweet, red, sauteed	1,570.00
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	1,543.00
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	1,543.00
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	1,525.00
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	1,525.00
11658	Spinach souffle	1,493.00
11943	Pimento, canned	1,474.00
11023	Balsam-pear (bitter melon), leafy tips, cooked, boiled, drained, without salt	1,450.00

NDB_No	Description	Carotene, beta(µg) Value Per
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	1,450.00
11959	Arugula, raw	1,424.00
11157	Chrysanthemum, garland, raw	1,380.00
11213	Endive, raw	1,300.00
11917	Peppers, sweet, red, frozen, chopped, unprepared	1,259.00
11313	Peas, green, frozen, cooked, boiled, drained, without salt	1,250.00
11814	Peas, green, frozen, cooked, boiled, drained, with salt	1,250.00
11312	Peas, green, frozen, unprepared	1,225.00
11214	Escarole, cooked, boiled, drained, no salt added	1,133.00
11417	Pumpkin flowers, cooked, boiled, drained, without salt	1,040.00
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	1,040.00
11246	Leeks, (bulb and lower leaf-portion), raw	1,000.00
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	994.00
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	994.00
11969	Broccoli, chinese, cooked	983.00
11632	Peppers, jalapeno, canned, solids and liquids	968.00
11419	Pumpkin leaves, cooked, boiled, drained, without salt	960.00
11848	Pumpkin leaves, cooked, boiled, drained, with salt	960.00
11091	Broccoli, cooked, boiled, drained, without salt	929.00
11742	Broccoli, cooked, boiled, drained, with salt	929.00
11306	Peas, green, canned, regular pack, solids and liquids	910.00
11546	Tomato products, canned, paste, without salt added	901.00
11812	Peas, green, canned, no salt added, solids and liquids	859.00
43365	Tomato and vegetable juice, low sodium	830.00
11489	Squash, winter, hubbard, raw	820.00
11643	Squash, winter, all varieties, raw	820.00
11197	Cowpeas, young pods with seeds, raw	794.00
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	760.00
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	760.00
11094	Broccoli, frozen, spears, unprepared	675.00
11670	Peppers, hot chili, green, raw	671.00
11112	Cabbage, red, raw	670.00
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	670.00
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	670.00
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	670.00
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	670.00

NDB_No	Description	Carotene, beta(µg) Value Per
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	663.00
11300	Peas, edible-podded, raw	630.00
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	626.00
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	626.00
11092	Broccoli, frozen, chopped, unprepared	610.00
11012	Asparagus, cooked, boiled, drained	604.00
11705	Asparagus, cooked, boiled, drained, with salt	604.00
11114	Cabbage, savoy, raw	600.00
11291	Onions, spring or scallions (includes tops and bulb), raw	598.00
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	597.00
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	597.00
11301	Peas, edible-podded, boiled, drained, without salt	597.00
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	597.00
11809	Peas, edible-podded, cooked, boiled, drained, with salt	597.00
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	592.00
11957	Fennel, bulb, raw	578.00
11551	Tomato products, canned, sauce, with mushrooms	570.00
11979	Peppers, jalapeno, raw	561.00
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	555.00
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	555.00
11819	Peppers, hot chili, red, raw	534.00
11977	Peppers, serrano, raw	534.00
11955	Tomatoes, sun-dried	524.00
11945	Pickle relish, sweet	519.00
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	514.00
43144	Cabbage, mustard, salted	513.00
11015	Asparagus, canned, drained solids	493.00
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	490.00
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	487.00
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	487.00
11019	Asparagus, frozen, cooked, boiled, drained, without salt	483.00
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	483.00
11709	Asparagus, frozen, cooked, boiled, drained, with salt	483.00
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	475.00
11224	Hyacinth-beans, immature seeds, raw	475.00
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	475.00

NDB_No	Description	Carotene, beta(µg) Value Per
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	475.00
11305	Peas, green, cooked, boiled, drained, without salt	470.00
11811	Peas, green, cooked, boiled, drained, with salt	470.00
11099	Brussels sprouts, cooked, boiled, drained, without salt	465.00
11707	Asparagus, canned, no salt added, solids and liquids	465.00
11745	Brussels sprouts, cooked, boiled, drained, with salt	465.00
11981	Peppers, hungarian, raw	465.00
11098	Brussels sprouts, raw	450.00
11011	Asparagus, raw	449.00
11304	Peas, green, raw	449.00
11529	Tomatoes, red, ripe, raw, year round average	449.00
31034	Peppers, hot pickled, canned	440.00
11278	Okra, raw	416.00
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	410.00
11053	Beans, snap, green, cooked, boiled, drained, without salt	380.00
11723	Beans, snap, green, cooked, boiled, drained, with salt	380.00
11052	Beans, snap, green, raw	379.00
11578	Vegetable juice cocktail, canned	377.00
11585	Vegetable juice cocktail, low sodium, canned	377.00
11100	Brussels sprouts, frozen, unprepared	370.00
11090	Broccoli, raw	361.00
11527	Tomatoes, green, raw	346.00
11667	Seaweed, spirulina, dried	342.00
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	325.00
11813	Peas, green, canned, no salt added, drained solids	320.00
11935	Catsup	316.00
11949	Catsup, low sodium	316.00
11144	Celery, cooked, boiled, drained, without salt	313.00
11764	Celery, cooked, boiled, drained, with salt	313.00
11547	Tomato products, canned, puree, without salt added	306.00
11888	Tomato products, canned, puree, with salt added	306.00
11252	Lettuce, iceberg (includes crisphead types), raw	299.00
11530	Tomatoes, red, ripe, cooked	293.00
11884	Tomatoes, red, ripe, cooked, with salt	293.00
11060	Beans, snap, green, frozen, all styles, unprepared	292.00
11062	Beans, snap, green, frozen, all styles, microwaved	277.00

NDB_No	Description	Carotene, beta(µg) Value Per
11143	Celery, raw	270.00
11540	Tomato juice, canned, with salt added	270.00
11886	Tomato juice, canned, without salt added	270.00
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	265.00
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	264.00
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	264.00
11549	Tomato products, canned, sauce	259.00
43217	Tomato sauce, canned, no salt added	259.00
11963	Nopales, raw	250.00
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	249.00
11531	Tomatoes, red, ripe, canned, packed in tomato juice	245.00
11964	Nopales, cooked, without salt	242.00
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	224.00
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	222.00
11482	Squash, winter, acorn, raw	220.00
11669	Seaweed, wakame, raw	216.00
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	213.00
11280	Okra, frozen, unprepared	210.00
11333	Peppers, sweet, green, raw	208.00
11973	Beans, fava, in pod, raw	196.00
11024	Balsam-pear (bitter melon), pods, raw	190.00
11119	Cabbage, chinese (pe-tsai), raw	190.00
11976	Pepper, banana, raw	184.00
11281	Okra, frozen, cooked, boiled, drained, without salt	183.00
11804	Okra, frozen, cooked, boiled, drained, with salt	183.00
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	182.00
11212	Edamame, frozen, prepared	175.00
11279	Okra, cooked, boiled, drained, without salt	170.00
11803	Okra, cooked, boiled, drained, with salt	170.00
11050	Beans, shellie, canned, solids and liquids	137.00
11339	Peppers, sweet, green, sauteed	135.00
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	134.00
11970	Cabbage, napa, cooked	133.00
11475	Squash, summer, scallop, raw	130.00
11693	Tomatoes, crushed, canned	129.00
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	127.00

NDB_No	Description	Carotene, beta(µg) Value Per
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	127.00
11031	Lima beans, immature seeds, raw	126.00
11056	Beans, snap, green, canned, regular pack, drained solids	122.00
11729	Beans, snap, green, canned, no salt added, drained solids	122.00
11933	Beans, snap, yellow, canned, no salt added, drained solids	122.00
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	120.00
11477	Squash, summer, zucchini, includes skin, raw	120.00
11641	Squash, summer, all varieties, raw	120.00
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	120.00
11951	Peppers, sweet, yellow, raw	120.00
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	119.00
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	114.00
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	114.00
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	106.00
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	106.00
11533	Tomatoes, red, ripe, canned, stewed	103.00
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	100.00
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	100.00
43143	Cabbage, japanese style, fresh, pickled	100.00
11965	Cauliflower, green, raw	93.00
11054	Beans, snap, green, canned, regular pack, solids and liquids	91.00
11467	Squash, summer, crookneck and straightneck, raw	90.00
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	90.00
11001	Alfalfa seeds, sprouted, raw	87.00
11967	Cauliflower, green, cooked, no salt added	86.00
11601	Yam, raw	83.00
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	82.00
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	82.00
11941	Pickles, cucumber, sour	81.00
11946	Pickles, cucumber, sour, low sodium	81.00
11602	Yam, cooked, boiled, drained, or baked, without salt	73.00
11897	Yam, cooked, boiled, drained, or baked, with salt	73.00
11444	Seaweed, irishmoss, raw	71.00
11730	Beans, snap, yellow, frozen, all styles, unprepared	71.00
11445	Seaweed, kelp, raw	70.00
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	68.00

NDB_No	Description	Carotene, beta(µg) Value Per
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	68.00
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	66.00
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	66.00
11492	Squash, winter, spaghetti, raw	64.00
11932	Beans, snap, yellow, canned, regular pack, drained solids	63.00
11954	Tomatillos, raw	63.00
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	61.00
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	61.00
11384	Potatoes, au gratin, dry mix, unprepared	60.00
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	60.00
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	60.00
11182	Corn, yellow, whole kernel, frozen, microwaved	59.00
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	59.00
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	59.00
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	58.00
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	58.00
11118	Cabbage, kimchi	55.00
11937	Pickles, cucumber, dill or kosher dill	53.00
11947	Pickles, cucumber, dill, reduced sodium	53.00
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	51.00
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	51.00
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	50.00
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	50.00
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	50.00
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	50.00
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	49.00
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	49.00
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	49.00
11110	Cabbage, cooked, boiled, drained, without salt	48.00
11751	Cabbage, common, cooked, boiled, drained, with salt	48.00
11843	Potatoes, au gratin, home-prepared from recipe using margarine	48.00
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	48.00
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	48.00
11167	Corn, sweet, yellow, raw	47.00
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	45.00
11205	Cucumber, with peel, raw	45.00

NDB_No	Description	Carotene, beta(µg) Value Per
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	45.00
11109	Cabbage, raw	42.00
11344	Pigeonpeas, immature seeds, raw	40.00
11519	Taro, cooked, without salt	39.00
11878	Taro, cooked, with salt	39.00
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	38.00
11984	Epazote, raw	38.00
11414	Potato salad, home-prepared	36.00
11656	Corn pudding, home prepared	36.00
11518	Taro, raw	35.00
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	33.00
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	33.00
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	33.00
11206	Cucumber, peeled, raw	31.00
11349	Poi	31.00
11174	Corn, sweet, yellow, canned, cream style, regular pack	30.00
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	30.00
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	30.00
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	30.00
11772	Corn, sweet, yellow, canned, cream style, no salt added	30.00
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	30.00
11844	Potatoes, scalloped, home-prepared with margarine	30.00
43146	Eggplant, pickled	30.00
11609	Beets, pickled, canned, solids and liquids	29.00
11987	Mushrooms, oyster, raw	29.00
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	26.00
11210	Eggplant, cooked, boiled, drained, without salt	22.00
11241	Kohlrabi, raw	22.00
11783	Eggplant, cooked, boiled, drained, with salt	22.00
11081	Beets, cooked, boiled, drained	21.00
11242	Kohlrabi, cooked, boiled, drained, without salt	21.00
11734	Beets, cooked, boiled. drained, with salt	21.00
11793	Kohlrabi, cooked, boiled, drained, with salt	21.00
11990	Wasabi, root, raw	21.00
11080	Beets, raw	20.00
11113	Cabbage, red, cooked, boiled, drained, without salt	20.00

NDB_No	Description	Carotene, beta(µg) Value Per
11752	Cabbage, red, cooked, boiled, drained, with salt	20.00
31036	Potatoes, mashed, ready-to-eat	19.00
11952	Radicchio, raw	16.00
11084	Beets, canned, drained solids	15.00
11082	Beets, canned, regular pack, solids and liquids	14.00
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	14.00
11209	Eggplant, raw	14.00
11603	Yambean (jicama), raw	13.00
11640	Shallots, freeze-dried	13.00
11735	Beets, canned, no salt added, solids and liquids	13.00
11026	Bamboo shoots, raw	12.00
11226	Jerusalem-artichokes, raw	12.00
11453	Soybeans, mature seeds, sprouted, cooked, steamed	12.00
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	12.00
11284	Onions, dehydrated flakes	11.00
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	11.00
11697	Arrowroot, raw	11.00
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	10.00
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	9.00
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	9.00
11934	Potatoes, mashed, home-prepared, whole milk and butter added	9.00
11007	Artichokes, (globe or french), raw	8.00
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	8.00
11028	Bamboo shoots, canned, drained solids	8.00
11134	Cassava, raw	8.00
11439	Sauerkraut, canned, solids and liquids	8.00
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	8.00
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	7.00
11136	Cauliflower, cooked, boiled, drained, without salt	7.00
11137	Cauliflower, frozen, unprepared	7.00
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	7.00
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	7.00
11761	Cauliflower, cooked, boiled, drained, with salt	7.00
11043	Mung beans, mature seeds, sprouted, raw	6.00
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	6.00
11356	Potatoes, Russet, flesh and skin, baked	6.00

NDB_No	Description	Carotene, beta(µg) Value Per
11357	Potatoes, white, flesh and skin, baked	6.00
11358	Potatoes, red, flesh and skin, baked	6.00
11364	Potatoes, baked, skin, without salt	6.00
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	6.00
11674	Potatoes, baked, flesh and skin, without salt	6.00
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	6.00
11828	Potatoes, baked, flesh and skin, with salt	6.00
11830	Potatoes, baked, skin only, with salt	6.00
11215	Garlic, raw	5.00
11354	Potatoes, white, flesh and skin, raw	5.00
11991	Yautia (tannier), raw	5.00
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	4.00
11355	Potatoes, red, flesh and skin, raw	4.00
11429	Radishes, raw	4.00
11672	Potato pancakes	4.00
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	4.00
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	3.00
11370	Potatoes, hash brown, home-prepared	3.00
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	3.00
11398	Potato puffs, frozen, unprepared	3.00
11399	Potato puffs, frozen, oven-heated	3.00
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	3.00
11677	Shallots, raw	3.00
11972	Lemon grass (citronella), raw	3.00
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	2.00
11365	Potatoes, boiled, cooked in skin, flesh, without salt	2.00
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	2.00
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	2.00
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	2.00
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	2.00
11657	Potatoes, mashed, home-prepared, whole milk added	2.00
11831	Potatoes, boiled, cooked in skin, flesh, with salt	2.00
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	2.00
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	2.00
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	2.00
11282	Onions, raw	1.00

NDB_No	Description	Carotene, beta(µg) Value Per
11283	Onions, cooked, boiled, drained, without salt	1.00
11285	Onions, canned, solids and liquids	1.00
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	1.00
11289	Onions, frozen, whole, unprepared	1.00
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	1.00
11294	Onions, sweet, raw	1.00
11352	Potatoes, flesh and skin, raw	1.00
11367	Potatoes, boiled, cooked without skin, flesh, without salt	1.00
11400	Potatoes, frozen, whole, unprepared	1.00
11435	Rutabagas, raw	1.00
11436	Rutabagas, cooked, boiled, drained, without salt	1.00
11805	Onions, cooked, boiled, drained, with salt	1.00
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	1.00
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	1.00
11833	Potatoes, boiled, cooked without skin, flesh, with salt	1.00
11851	Rutabagas, cooked, boiled, drained, with salt	1.00
11900	Corn, sweet, white, raw	1.00
11901	Corn, sweet, white, cooked, boiled, drained, without salt	1.00
11902	Corn, sweet, white, cooked, boiled, drained, with salt	1.00
11905	Corn, sweet, white, canned, whole kernel, drained solids	1.00
11906	Corn, sweet, white, canned, cream style, regular pack	1.00
11908	Corn, sweet, white, canned, vacuum pack, regular pack	1.00
11909	Corn, sweet, white, canned, vacuum pack, no salt added	1.00
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	1.00
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	1.00
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	1.00
43311	Potatoes, canned, drained solids, no salt added	1.00
11104	Burdock root, raw	0.00
11105	Burdock root, cooked, boiled, drained, without salt	0.00
11135	Cauliflower, raw	0.00
11141	Celeriac, raw	0.00
11149	Chayote, fruit, raw	0.00
11150	Chayote, fruit, cooked, boiled, drained, without salt	0.00
11216	Ginger root, raw	0.00
11240	Mushrooms, morel, raw	0.00
11243	Mushrooms, portabella, grilled	0.00

NDB_No	Description	Carotene, beta(µg) Value Per
11254	Lotus root, raw	0.00
11255	Lotus root, cooked, boiled, drained, without salt	0.00
11260	Mushrooms, white, raw	0.00
11261	Mushrooms, white, cooked, boiled, drained, without salt	0.00
11263	Mushrooms, white, stir-fried	0.00
11264	Mushrooms, canned, drained solids	0.00
11265	Mushrooms, portabella, raw	0.00
11266	Mushrooms, brown, italian, or crimini, raw	0.00
11267	Mushrooms, shiitake, stir-fried	0.00
11268	Mushrooms, shiitake, dried	0.00
11269	Mushrooms, shiitake, cooked, without salt	0.00
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	0.00
11298	Parsnips, raw	0.00
11299	Parsnips, cooked, boiled, drained, without salt	0.00
11353	Potatoes, russet, flesh and skin, raw	0.00
11363	Potatoes, baked, flesh, without salt	0.00
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	0.00
11413	Potato flour	0.00
11430	Radishes, oriental, raw	0.00
11431	Radishes, oriental, cooked, boiled, drained, without salt	0.00
11432	Radishes, oriental, dried	0.00
11438	Salsify, cooked, boiled, drained, without salt	0.00
11442	Seaweed, agar, raw	0.00
11564	Turnips, raw	0.00
11565	Turnips, cooked, boiled, drained, without salt	0.00
11567	Turnips, frozen, cooked, boiled, drained, without salt	0.00
11588	Waterchestnuts, chinese, (matai), raw	0.00
11590	Waterchestnuts, chinese, canned, solids and liquids	0.00
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	0.00
11747	Burdock root, cooked, boiled, drained, with salt	0.00
11766	Chayote, fruit, cooked, boiled, drained, with salt	0.00
11797	Mushrooms, white, cooked, boiled, drained, with salt	0.00
11798	Mushrooms, shiitake, cooked, with salt	0.00
11808	Parsnips, cooked, boiled, drained, with salt	0.00
11829	Potatoes, baked, flesh, with salt	0.00
11850	Radishes, oriental, cooked, boiled, drained, with salt	0.00

NDB_No	Description	Carotene, beta(µg) Value Per
11852	Salsify, cooked, boiled, drained, with salt	0.00
11889	Turnips, cooked, boiled, drained, with salt	0.00
11890	Turnips, frozen, cooked, boiled, drained, with salt	0.00
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	0.00
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	0.00
11907	Corn, sweet, white, canned, cream style, no salt added	0.00
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	0.00
11989	Mushrooms, straw, canned, drained solids	0.00
11993	Mushrooms, maitake, raw	0.00
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	0.00
31033	Ginger root, pickled, canned, with artificial sweetener	0.00
43142	Radishes, hawaiian style, pickled	0.00
43406	Yeast extract spread	0.00