

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Lycopene (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 00:39 EDT

NDB_No	Description	Lycopene(µg) Value Per
11955	Tomatoes, sun-dried	45,902.00
11546	Tomato products, canned, paste, without salt added	28,764.00
11547	Tomato products, canned, puree, without salt added	21,754.00
11888	Tomato products, canned, puree, with salt added	21,754.00
11551	Tomato products, canned, sauce, with mushrooms	18,942.00
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	18,454.00
11549	Tomato products, canned, sauce	13,895.00
43217	Tomato sauce, canned, no salt added	13,895.00
11935	Catsup	12,062.00
11949	Catsup, low sodium	12,062.00
43365	Tomato and vegetable juice, low sodium	9,660.00
11540	Tomato juice, canned, with salt added	9,037.00
11886	Tomato juice, canned, without salt added	9,037.00
11578	Vegetable juice cocktail, canned	7,119.00
11585	Vegetable juice cocktail, low sodium, canned	7,119.00
11693	Tomatoes, crushed, canned	5,106.00
11533	Tomatoes, red, ripe, canned, stewed	4,088.00
11530	Tomatoes, red, ripe, cooked	3,041.00
11884	Tomatoes, red, ripe, cooked, with salt	3,041.00
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	2,745.00
11529	Tomatoes, red, ripe, raw, year round average	2,573.00
11531	Tomatoes, red, ripe, canned, packed in tomato juice	2,537.00
11921	Peppers, sweet, red, sauteed	484.00
11012	Asparagus, cooked, boiled, drained	30.00
11705	Asparagus, cooked, boiled, drained, with salt	30.00
11015	Asparagus, canned, drained solids	24.00
11019	Asparagus, frozen, cooked, boiled, drained, without salt	24.00
11709	Asparagus, frozen, cooked, boiled, drained, with salt	24.00

NDB_No	Description	Lycopene(µg) Value Per
11707	Asparagus, canned, no salt added, solids and liquids	23.00
11112	Cabbage, red, raw	20.00
11435	Rutabagas, raw	14.00
11436	Rutabagas, cooked, boiled, drained, without salt	10.00
11851	Rutabagas, cooked, boiled, drained, with salt	10.00
11683	Carrot, dehydrated	3.00
11655	Carrot juice, canned	2.00
11124	Carrots, raw	1.00
11130	Carrots, frozen, unprepared	1.00
11001	Alfalfa seeds, sprouted, raw	0.00
11007	Artichokes, (globe or french), raw	0.00
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	0.00
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	0.00
11011	Asparagus, raw	0.00
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	0.00
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	0.00
11026	Bamboo shoots, raw	0.00
11028	Bamboo shoots, canned, drained solids	0.00
11031	Lima beans, immature seeds, raw	0.00
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	0.00
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	0.00
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	0.00
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	0.00
11043	Mung beans, mature seeds, sprouted, raw	0.00
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	0.00
11050	Beans, shellie, canned, solids and liquids	0.00
11052	Beans, snap, green, raw	0.00
11053	Beans, snap, green, cooked, boiled, drained, without salt	0.00
11054	Beans, snap, green, canned, regular pack, solids and liquids	0.00
11056	Beans, snap, green, canned, regular pack, drained solids	0.00
11060	Beans, snap, green, frozen, all styles, unprepared	0.00
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	0.00
11062	Beans, snap, green, frozen, all styles, microwaved	0.00
11080	Beets, raw	0.00
11081	Beets, cooked, boiled, drained	0.00
11082	Beets, canned, regular pack, solids and liquids	0.00

NDB_No	Description	Lycopene(µg) Value Per
11084	Beets, canned, drained solids	0.00
11086	Beet greens, raw	0.00
11087	Beet greens, cooked, boiled, drained, without salt	0.00
11090	Broccoli, raw	0.00
11091	Broccoli, cooked, boiled, drained, without salt	0.00
11092	Broccoli, frozen, chopped, unprepared	0.00
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	0.00
11094	Broccoli, frozen, spears, unprepared	0.00
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	0.00
11096	Broccoli raab, raw	0.00
11097	Broccoli raab, cooked	0.00
11098	Brussels sprouts, raw	0.00
11099	Brussels sprouts, cooked, boiled, drained, without salt	0.00
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	0.00
11104	Burdock root, raw	0.00
11105	Burdock root, cooked, boiled, drained, without salt	0.00
11109	Cabbage, raw	0.00
11110	Cabbage, cooked, boiled, drained, without salt	0.00
11113	Cabbage, red, cooked, boiled, drained, without salt	0.00
11114	Cabbage, savoy, raw	0.00
11116	Cabbage, chinese (pak-choi), raw	0.00
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	0.00
11118	Cabbage, kimchi	0.00
11119	Cabbage, chinese (pe-tsai), raw	0.00
11125	Carrots, cooked, boiled, drained, without salt	0.00
11126	Carrots, canned, regular pack, solids and liquids	0.00
11128	Carrots, canned, regular pack, drained solids	0.00
11131	Carrots, frozen, cooked, boiled, drained, without salt	0.00
11134	Cassava, raw	0.00
11135	Cauliflower, raw	0.00
11136	Cauliflower, cooked, boiled, drained, without salt	0.00
11137	Cauliflower, frozen, unprepared	0.00
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	0.00
11141	Celeriac, raw	0.00
11143	Celery, raw	0.00
11144	Celery, cooked, boiled, drained, without salt	0.00

NDB_No	Description	Lycopene(µg) Value Per
11147	Chard, swiss, raw	0.00
11148	Chard, swiss, cooked, boiled, drained, without salt	0.00
11149	Chayote, fruit, raw	0.00
11150	Chayote, fruit, cooked, boiled, drained, without salt	0.00
11152	Chicory greens, raw	0.00
11156	Chives, raw	0.00
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	0.00
11161	Collards, raw	0.00
11162	Collards, cooked, boiled, drained, without salt	0.00
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	0.00
11165	Coriander (cilantro) leaves, raw	0.00
11167	Corn, sweet, yellow, raw	0.00
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	0.00
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	0.00
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	0.00
11174	Corn, sweet, yellow, canned, cream style, regular pack	0.00
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	0.00
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	0.00
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	0.00
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	0.00
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	0.00
11182	Corn, yellow, whole kernel, frozen, microwaved	0.00
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	0.00
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	0.00
11197	Cowpeas, young pods with seeds, raw	0.00
11203	Cress, garden, raw	0.00
11204	Cress, garden, cooked, boiled, drained, without salt	0.00
11205	Cucumber, with peel, raw	0.00
11206	Cucumber, peeled, raw	0.00
11207	Dandelion greens, raw	0.00
11208	Dandelion greens, cooked, boiled, drained, without salt	0.00
11209	Eggplant, raw	0.00
11210	Eggplant, cooked, boiled, drained, without salt	0.00
11212	Edamame, frozen, prepared	0.00
11213	Endive, raw	0.00
11214	Escarole, cooked, boiled, drained, no salt added	0.00

NDB_No	Description	Lycopene(µg) Value Per
11215	Garlic, raw	0.00
11216	Ginger root, raw	0.00
11223	Drumstick leaves, cooked, boiled, drained, without salt	0.00
11224	Hyacinth-beans, immature seeds, raw	0.00
11226	Jerusalem-artichokes, raw	0.00
11232	Jute, potherb, cooked, boiled, drained, without salt	0.00
11233	Kale, raw	0.00
11234	Kale, cooked, boiled, drained, without salt	0.00
11236	Kale, frozen, cooked, boiled, drained, without salt	0.00
11240	Mushrooms, morel, raw	0.00
11241	Kohlrabi, raw	0.00
11242	Kohlrabi, cooked, boiled, drained, without salt	0.00
11243	Mushrooms, portabella, grilled	0.00
11245	Lambsquarters, cooked, boiled, drained, without salt	0.00
11246	Leeks, (bulb and lower leaf-portion), raw	0.00
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	0.00
11250	Lettuce, butterhead (includes boston and bibb types), raw	0.00
11251	Lettuce, cos or romaine, raw	0.00
11252	Lettuce, iceberg (includes crisphead types), raw	0.00
11253	Lettuce, green leaf, raw	0.00
11254	Lotus root, raw	0.00
11255	Lotus root, cooked, boiled, drained, without salt	0.00
11257	Lettuce, red leaf, raw	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
11270	Mustard greens, raw	0.00
11271	Mustard greens, cooked, boiled, drained, without salt	0.00
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	0.00
11278	Okra, raw	0.00

NDB_No	Description	Lycopene(µg) Value Per
11279	Okra, cooked, boiled, drained, without salt	0.00
11280	Okra, frozen, unprepared	0.00
11281	Okra, frozen, cooked, boiled, drained, without salt	0.00
11282	Onions, raw	0.00
11283	Onions, cooked, boiled, drained, without salt	0.00
11284	Onions, dehydrated flakes	0.00
11285	Onions, canned, solids and liquids	0.00
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	0.00
11289	Onions, frozen, whole, unprepared	0.00
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	0.00
11291	Onions, spring or scallions (includes tops and bulb), raw	0.00
11292	Onions, young green, tops only	0.00
11294	Onions, sweet, raw	0.00
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	0.00
11297	Parsley, fresh	0.00
11298	Parsnips, raw	0.00
11299	Parsnips, cooked, boiled, drained, without salt	0.00
11300	Peas, edible-podded, raw	0.00
11301	Peas, edible-podded, boiled, drained, without salt	0.00
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	0.00
11304	Peas, green, raw	0.00
11305	Peas, green, cooked, boiled, drained, without salt	0.00
11306	Peas, green, canned, regular pack, solids and liquids	0.00
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	0.00
11312	Peas, green, frozen, unprepared	0.00
11313	Peas, green, frozen, cooked, boiled, drained, without salt	0.00
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	0.00
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	0.00
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	0.00
11333	Peppers, sweet, green, raw	0.00
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	0.00
11339	Peppers, sweet, green, sauteed	0.00
11344	Pigeonpeas, immature seeds, raw	0.00
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	0.00
11349	Poi	0.00
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	0.00

NDB_No	Description	Lycopene(µg) Value Per
11352	Potatoes, flesh and skin, raw	0.00
11353	Potatoes, russet, flesh and skin, raw	0.00
11354	Potatoes, white, flesh and skin, raw	0.00
11355	Potatoes, red, flesh and skin, raw	0.00
11356	Potatoes, Russet, flesh and skin, baked	0.00
11357	Potatoes, white, flesh and skin, baked	0.00
11358	Potatoes, red, flesh and skin, baked	0.00
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	0.00
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	0.00
11363	Potatoes, baked, flesh, without salt	0.00
11364	Potatoes, baked, skin, without salt	0.00
11365	Potatoes, boiled, cooked in skin, flesh, without salt	0.00
11367	Potatoes, boiled, cooked without skin, flesh, without salt	0.00
11370	Potatoes, hash brown, home-prepared	0.00
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	0.00
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	0.00
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	0.00
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	0.00
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	0.00
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	0.00
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	0.00
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	0.00
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	0.00
11398	Potato puffs, frozen, unprepared	0.00
11399	Potato puffs, frozen, oven-heated	0.00
11400	Potatoes, frozen, whole, unprepared	0.00
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	0.00
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	0.00
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	0.00
11413	Potato flour	0.00
11417	Pumpkin flowers, cooked, boiled, drained, without salt	0.00
11419	Pumpkin leaves, cooked, boiled, drained, without salt	0.00
11422	Pumpkin, raw	0.00
11423	Pumpkin, cooked, boiled, drained, without salt	0.00
11424	Pumpkin, canned, without salt	0.00
11429	Radishes, raw	0.00

NDB_No	Description	Lycopene(µg) Value Per
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
11439	Sauerkraut, canned, solids and liquids	0.00
11442	Seaweed, agar, raw	0.00
11444	Seaweed, irishmoss, raw	0.00
11445	Seaweed, kelp, raw	0.00
11446	Seaweed, laver, raw	0.00
11453	Soybeans, mature seeds, sprouted, cooked, steamed	0.00
11457	Spinach, raw	0.00
11458	Spinach, cooked, boiled, drained, without salt	0.00
11459	Spinach, canned, regular pack, solids and liquids	0.00
11461	Spinach, canned, regular pack, drained solids	0.00
11463	Spinach, frozen, chopped or leaf, unprepared	0.00
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	0.00
11467	Squash, summer, crookneck and straightneck, raw	0.00
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	0.00
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	0.00
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	0.00
11475	Squash, summer, scallop, raw	0.00
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	0.00
11477	Squash, summer, zucchini, includes skin, raw	0.00
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	0.00
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	0.00
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	0.00
11482	Squash, winter, acorn, raw	0.00
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	0.00
11485	Squash, winter, butternut, raw	0.00
11486	Squash, winter, butternut, cooked, baked, without salt	0.00
11487	Squash, winter, butternut, frozen, unprepared	0.00
11489	Squash, winter, hubbard, raw	0.00
11490	Squash, winter, hubbard, baked, without salt	0.00
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	0.00
11492	Squash, winter, spaghetti, raw	0.00
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	0.00

NDB_No	Description	Lycopene(µg) Value Per
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	0.00
11505	Sweet potato leaves, raw	0.00
11506	Sweet potato leaves, cooked, steamed, without salt	0.00
11507	Sweet potato, raw, unprepared	0.00
11508	Sweet potato, cooked, baked in skin, flesh, without salt	0.00
11510	Sweet potato, cooked, boiled, without skin	0.00
11512	Sweet potato, canned, vacuum pack	0.00
11514	Sweet potato, canned, mashed	0.00
11517	Sweet potato, frozen, cooked, baked, without salt	0.00
11518	Taro, raw	0.00
11519	Taro, cooked, without salt	0.00
11520	Taro leaves, raw	0.00
11527	Tomatoes, green, 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
11568	Turnip greens, raw	0.00
11569	Turnip greens, cooked, boiled, drained, without salt	0.00
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	0.00
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	0.00
11581	Vegetables, mixed, canned, drained solids	0.00
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	0.00
11588	Waterchestnuts, chinese, (matai), raw	0.00
11590	Waterchestnuts, chinese, canned, solids and liquids	0.00
11591	Watercress, raw	0.00
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	0.00
11601	Yam, raw	0.00
11602	Yam, cooked, boiled, drained, or baked, without salt	0.00
11603	Yambean (jicama), raw	0.00
11609	Beets, pickled, canned, solids and liquids	0.00
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	0.00
11632	Peppers, jalapeno, canned, solids and liquids	0.00
11634	Peppers, sweet, green, freeze-dried	0.00
11640	Shallots, freeze-dried	0.00
11641	Squash, summer, all varieties, raw	0.00
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	0.00

NDB_No	Description	Lycopene(µg) Value Per
11643	Squash, winter, all varieties, raw	0.00
11644	Squash, winter, all varieties, cooked, baked, without salt	0.00
11645	Sweet potato, canned, syrup pack, solids and liquids	0.00
11647	Sweet potato, canned, syrup pack, drained solids	0.00
11656	Corn pudding, home prepared	0.00
11657	Potatoes, mashed, home-prepared, whole milk added	0.00
11658	Spinach souffle	0.00
11659	Sweet potato, cooked, candied, home-prepared	0.00
11667	Seaweed, spirulina, dried	0.00
11669	Seaweed, wakame, raw	0.00
11670	Peppers, hot chili, green, raw	0.00
11672	Potato pancakes	0.00
11674	Potatoes, baked, flesh and skin, without salt	0.00
11677	Shallots, raw	0.00
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	0.00
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	0.00
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	0.00
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	0.00
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	0.00
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	0.00
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	0.00
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	0.00
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	0.00
11723	Beans, snap, green, cooked, boiled, drained, with salt	0.00
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	0.00
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	0.00
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	0.00
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	0.00
11729	Beans, snap, green, canned, no salt added, drained solids	0.00
11730	Beans, snap, yellow, frozen, all styles, unprepared	0.00
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	0.00
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	0.00
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	0.00
11734	Beets, cooked, boiled. drained, with salt	0.00
11735	Beets, canned, no salt added, solids and liquids	0.00
11736	Beet greens, cooked, boiled, drained, with salt	0.00

NDB_No	Description	Lycopene(µg) Value Per
11742	Broccoli, cooked, boiled, drained, with salt	0.00
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	0.00
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	0.00
11745	Brussels sprouts, cooked, boiled, drained, with salt	0.00
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	0.00
11747	Burdock root, cooked, boiled, drained, with salt	0.00
11751	Cabbage, common, cooked, boiled, drained, with salt	0.00
11752	Cabbage, red, cooked, boiled, drained, with salt	0.00
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	0.00
11757	Carrots, cooked, boiled, drained, with salt	0.00
11758	Carrots, canned, no salt added, solids and liquids	0.00
11759	Carrots, canned, no salt added, drained solids	0.00
11760	Carrots, frozen, cooked, boiled, drained, with salt	0.00
11761	Cauliflower, cooked, boiled, drained, with salt	0.00
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	0.00
11764	Celery, cooked, boiled, drained, with salt	0.00
11765	Chard, swiss, cooked, boiled, drained, with salt	0.00
11766	Chayote, fruit, cooked, boiled, drained, with salt	0.00
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	0.00
11768	Collards, cooked, boiled, drained, with salt	0.00
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	0.00
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	0.00
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	0.00
11772	Corn, sweet, yellow, canned, cream style, no salt added	0.00
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	0.00
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	0.00
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	0.00
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	0.00
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	0.00
11781	Cress, garden, cooked, boiled, drained, with salt	0.00
11782	Dandelion greens, cooked, boiled, drained, with salt	0.00
11783	Eggplant, cooked, boiled, drained, with salt	0.00
11786	Drumstick leaves, cooked, boiled, drained, with salt	0.00
11789	Jute, potherb, cooked, boiled, drained, with salt	0.00
11790	Kale, cooked, boiled, drained, with salt	0.00
11791	Kale, frozen, cooked, boiled, drained, with salt	0.00

NDB_No	Description	Lycopene(µg) Value Per
11793	Kohlrabi, cooked, boiled, drained, with salt	0.00
11794	Lambsquarters, cooked, boiled, drained, with salt	0.00
11795	Leeks, (bulb and lower leaf-portion), 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
11799	Mustard greens, cooked, boiled, drained, with salt	0.00
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	0.00
11803	Okra, cooked, boiled, drained, with salt	0.00
11804	Okra, frozen, cooked, boiled, drained, with salt	0.00
11805	Onions, cooked, boiled, drained, with salt	0.00
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	0.00
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	0.00
11808	Parsnips, cooked, boiled, drained, with salt	0.00
11809	Peas, edible-podded, cooked, boiled, drained, with salt	0.00
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	0.00
11811	Peas, green, cooked, boiled, drained, with salt	0.00
11812	Peas, green, canned, no salt added, solids and liquids	0.00
11813	Peas, green, canned, no salt added, drained solids	0.00
11816	Peas and carrots, canned, no salt added, solids and liquids	0.00
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	0.00
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	0.00
11819	Peppers, hot chili, red, raw	0.00
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	0.00
11821	Peppers, sweet, red, raw	0.00
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	0.00
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	0.00
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	0.00
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	0.00
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	0.00
11828	Potatoes, baked, flesh and skin, with salt	0.00
11829	Potatoes, baked, flesh, with salt	0.00
11830	Potatoes, baked, skin only, with salt	0.00
11831	Potatoes, boiled, cooked in skin, flesh, with salt	0.00
11833	Potatoes, boiled, cooked without skin, flesh, with salt	0.00
11845	Pumpkin, cooked, boiled, drained, with salt	0.00
11846	Pumpkin, canned, with salt	0.00

NDB_No	Description	Lycopene(µg) Value Per
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	0.00
11848	Pumpkin leaves, cooked, boiled, drained, with salt	0.00
11850	Radishes, oriental, cooked, boiled, drained, with salt	0.00
11852	Salsify, cooked, boiled, drained, with salt	0.00
11854	Spinach, cooked, boiled, drained, with salt	0.00
11855	Spinach, canned, no salt added, solids and liquids	0.00
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	0.00
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	0.00
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	0.00
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	0.00
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	0.00
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	0.00
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	0.00
11863	Squash, winter, all varieties, cooked, baked, with salt	0.00
11866	Squash, winter, butternut, cooked, baked, with salt	0.00
11868	Squash, winter, hubbard, baked, with salt	0.00
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	0.00
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	0.00
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	0.00
11874	Sweet potato leaves, cooked, steamed, with salt	0.00
11876	Sweet potato, cooked, boiled, without skin, with salt	0.00
11878	Taro, cooked, with salt	0.00
11889	Turnips, cooked, boiled, drained, with salt	0.00
11890	Turnips, frozen, cooked, boiled, drained, with salt	0.00
11891	Turnip greens, cooked, boiled, drained, with salt	0.00
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	0.00
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	0.00
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	0.00
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	0.00
11897	Yam, cooked, boiled, drained, or baked, with salt	0.00
11900	Corn, sweet, white, raw	0.00
11901	Corn, sweet, white, cooked, boiled, drained, without salt	0.00
11902	Corn, sweet, white, cooked, boiled, drained, with salt	0.00
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	0.00
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	0.00
11905	Corn, sweet, white, canned, whole kernel, drained solids	0.00

NDB_No	Description	Lycopene(µg) Value Per
11906	Corn, sweet, white, canned, cream style, regular pack	0.00
11907	Corn, sweet, white, canned, cream style, no salt added	0.00
11908	Corn, sweet, white, canned, vacuum pack, regular pack	0.00
11909	Corn, sweet, white, canned, vacuum pack, no salt added	0.00
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	0.00
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	0.00
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	0.00
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	0.00
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	0.00
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	0.00
11917	Peppers, sweet, red, frozen, chopped, unprepared	0.00
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	0.00
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	0.00
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	0.00
11931	Peppers, sweet, red, freeze-dried	0.00
11932	Beans, snap, yellow, canned, regular pack, drained solids	0.00
11933	Beans, snap, yellow, canned, no salt added, drained solids	0.00
11934	Potatoes, mashed, home-prepared, whole milk and butter added	0.00
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	0.00
11937	Pickles, cucumber, dill or kosher dill	0.00
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	0.00
11941	Pickles, cucumber, sour	0.00
11943	Pimento, canned	0.00
11945	Pickle relish, sweet	0.00
11946	Pickles, cucumber, sour, low sodium	0.00
11947	Pickles, cucumber, dill, reduced sodium	0.00
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	0.00
11952	Radicchio, raw	0.00
11954	Tomatillos, raw	0.00
11957	Fennel, bulb, raw	0.00
11959	Arugula, raw	0.00
11960	Carrots, baby, raw	0.00
11962	Peppers, hot chile, sun-dried	0.00
11963	Nopales, raw	0.00
11964	Nopales, cooked, without salt	0.00
11965	Cauliflower, green, raw	0.00

NDB_No	Description	Lycopene(µg) Value Per
11967	Cauliflower, green, cooked, no salt added	0.00
11969	Broccoli, chinese, cooked	0.00
11970	Cabbage, napa, cooked	0.00
11973	Beans, fava, in pod, raw	0.00
11974	Grape leaves, raw	0.00
11975	Grape leaves, canned	0.00
11976	Pepper, banana, raw	0.00
11977	Peppers, serrano, raw	0.00
11979	Peppers, jalapeno, raw	0.00
11981	Peppers, hungarian, raw	0.00
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	0.00
11987	Mushrooms, oyster, raw	0.00
11993	Mushrooms, maitake, raw	0.00
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	0.00
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	0.00
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	0.00
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	0.00
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	0.00
31033	Ginger root, pickled, canned, with artificial sweetener	0.00
31034	Peppers, hot pickled, canned	0.00
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	0.00
31036	Potatoes, mashed, ready-to-eat	0.00
43142	Radishes, hawaiian style, pickled	0.00
43143	Cabbage, japanese style, fresh, pickled	0.00
43144	Cabbage, mustard, salted	0.00
43146	Eggplant, pickled	0.00
43311	Potatoes, canned, drained solids, no salt added	0.00
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	0.00
43387	Turnip greens, canned, no salt added	0.00
43406	Yeast extract spread	0.00