

# USDA National Nutrient Database for Standard Reference, Release 16

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	23.77
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	18.09
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	18.00
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	18.00
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	17.99
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	17.98
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	15.40
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	14.79
15157	Mollusks, clam, mixed species, raw	85	3 oz	11.88
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	11.18
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	10.28
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	10.21
20084	Wheat flour, white, cake, enriched	137	1 cup	10.03
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	9.76
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	9.60
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	9.30
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	9.00
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	9.00
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	8.95
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	8.84
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	8.70
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	8.40
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	8.37
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	8.30
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	8.12
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	8.10
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	8.10
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	8.10
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	8.10
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	8.09
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	7.97
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	7.96
16051	Beans, white, mature seeds, canned	262	1 cup	7.83
11546	Tomato products, canned, paste, without salt added	262	1 cup	7.81
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	7.68
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	7.00
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	6.81
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	6.61
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	6.59
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	6.59
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	6.53
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	6.43

# USDA National Nutrient Database for Standard Reference, Release 16

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	6.40
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	6.35
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	6.18
20083	Wheat flour, white, bread, enriched	137	1 cup	6.04
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	5.97
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	5.91
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	5.85
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	5.84
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	5.80
18031	Bread, indian (navajo) fry	160	10-1/2" bread	5.76
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	5.70
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	5.59
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	5.55
19080	Candies, semisweet chocolate	168	1 cup	5.26
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	5.24
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	5.20
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	5.20
21042	Fast foods, chili con carne	253	1 cup	5.19
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	5.19
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	5.16
11226	Jerusalem-artichokes, raw	150	1 cup	5.10
20033	Oat bran, raw	94	1 cup	5.09
20005	Barley, pearled, raw	200	1 cup	5.00
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	4.95
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	4.95
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	4.94
19078	Baking chocolate, unsweetened, squares	28.35	1 square	4.93
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	4.93
11461	Spinach, canned, drained solids	214	1 cup	4.92
20011	Buckwheat flour, whole-groat	120	1 cup	4.87
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	4.80
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	4.74
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	4.74
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	4.68
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	4.66
20080	Wheat flour, whole-grain	120	1 cup	4.66
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	4.65
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	4.64
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	4.54
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	4.51

# USDA National Nutrient Database for Standard Reference, Release 16

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	4.51
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	4.51
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	4.50
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	4.50
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	4.50
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	4.50
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	4.50
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	4.50
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	4.50
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	4.50
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	4.50
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	4.50
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	4.50
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	4.49
16008	Beans, baked, canned, with franks	259	1 cup	4.48
11547	Tomato products, canned, puree, without salt added	250	1 cup	4.45
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	4.44
16073	Lima beans, large, mature seeds, canned	241	1 cup	4.36
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	4.32
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	4.24
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	4.23
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	4.23
20020	Cornmeal, whole-grain, yellow	122	1 cup	4.21
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	4.20
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	4.18
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	4.17
11364	Potatoes, baked, skin, without salt	58	1 skin	4.08
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	3.96
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	3.84
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	3.84
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	3.82
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	3.81
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	3.80
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	3.77
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	3.76
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	3.72
21082	Fast foods, taco	263	1 large	3.71
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	3.70
19061	Snacks, trail mix, tropical	140	1 cup	3.70
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	3.65
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	3.61

# USDA National Nutrient Database for Standard Reference, Release 16

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	3.60
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	3.60
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	3.56
18003	Bagels, egg	89	4" bagel	3.54
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	3.54
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	3.53
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	3.52
19305	Molasses, blackstrap	20	1 tbsp	3.50
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	3.50
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	3.50
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	3.49
11439	Sauerkraut, canned, solids and liquids	236	1 cup	3.47
20012	Bulgur, dry	140	1 cup	3.44
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	3.42
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	3.41
11424	Pumpkin, canned, without salt	245	1 cup	3.41
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	3.39
18005	Bagels, cinnamon-raisin	89	4" bagel	3.38
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	3.34
18309	Pie, cherry, prepared from recipe	180	1 piece	3.33
22904	Chili con carne with beans, canned entree	222	1 cup	3.31
21119	Fast foods, hotdog, with chili	114	1 sandwich	3.28
18031	Bread, indian (navajo) fry	90	5" bread	3.24
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	3.24
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	3.23
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	3.23
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	3.18
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	3.17
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	3.15
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	3.13
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	3.13
11084	Beets, canned, drained solids	170	1 cup	3.09
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	3.09
21043	Fast foods, clams, breaded and fried	115	3/4 cup	3.05
09294	Prune juice, canned	256	1 cup	3.02
21024	Fast foods, french toast sticks	141	5 sticks	2.96
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	2.95
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	2.94
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	2.93

# USDA National Nutrient Database for Standard Reference, Release 16

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	2.90
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	2.86
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	2.85
18003	Bagels, egg	71	3-1/2" bagel	2.83
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	2.81
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	2.74
09298	Raisins, seedless	145	1 cup	2.73
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	2.71
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	2.71
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	2.71
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	2.70
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	2.66
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	2.65
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	2.64
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	2.64
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	2.62
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	2.60
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	2.59
20110	Noodles, egg, cooked, enriched	160	1 cup	2.54
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	2.53
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	2.53
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	2.51
11549	Tomato products, canned, sauce	245	1 cup	2.50
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	2.49
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	2.48
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	2.45
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	2.45
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	2.44
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	2.44
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	2.43
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	2.43
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	2.43
21082	Fast foods, taco	171	1 small	2.41
20068	Tapioca, pearl, dry	152	1 cup	2.40
18283	Muffins, oat bran	57	1 muffin	2.39
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	2.34
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	2.33
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	2.33
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	2.33
21118	Fast foods, hotdog, plain	98	1 sandwich	2.31

# USDA National Nutrient Database for Standard Reference, Release 16

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	2.30
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	2.28
21083	Fast foods, taco salad	198	1-1/2 cups	2.28
11512	Sweetpotato, canned, vacuum pack	255	1 cup	2.27
05277	Chicken, canned, meat only, with broth	142	5 oz	2.24
21077	Fast foods, frijoles with cheese	167	1 cup	2.24
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	2.21
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	2.20
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	2.19
11674	Potato, baked, flesh and skin, without salt	202	1 potato	2.18
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	2.17
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	2.17
18116	Cake, gingerbread, prepared from recipe	74	1 piece	2.13
20113	Noodles, chinese, chow mein	45	1 cup	2.13
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	2.11
20006	Barley, pearled, cooked	157	1 cup	2.09
22906	Chicken pot pie, frozen entree	217	1 small pie	2.06
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	2.06
15128	Fish, tuna salad	205	1 cup	2.05
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	2.05
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	2.03
15034	Fish, haddock, cooked, dry heat	150	1 fillet	2.03
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	2.02
22247	Macaroni and Cheese, canned entree	252	1 cup	2.02
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	2.02
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	2.01
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	2.00
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	1.99
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	1.98
18327	Pie, pumpkin, prepared from recipe	155	1 piece	1.97
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	1.96
20100	Macaroni, cooked, enriched	140	1 cup	1.96
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	1.96
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	1.95
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	1.95
20034	Oat bran, cooked	219	1 cup	1.93
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	1.92
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	1.92
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	1.90
20045	Rice, white, long-grain, regular, cooked	158	1 cup	1.90
21023	Breakfast items, french toast with butter	135	2 slices	1.89
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	1.89

# USDA National Nutrient Database for Standard Reference, Release 16

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	1.89
16112	Miso	68.75	1 cup	1.88
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	1.87
18353	Rolls, hard (includes kaiser)	57	1 roll	1.87
20028	Couscous, dry	173	1 cup	1.87
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	1.86
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	1.86
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	1.85
21015	Fast foods, danish pastry, cheese	91	1 pastry	1.85
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	1.82
09087	Dates, deglet noor	178	1 cup	1.82
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	1.82
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	1.81
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	1.81
18306	Pie, blueberry, prepared from recipe	147	1 piece	1.81
18325	Pie, pecan, prepared from recipe	122	1 piece	1.81
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	1.80
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	1.80
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	1.80
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	1.79
13348	Beef, cured, corned beef, canned	85.05	3 oz	1.77
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	1.77
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	1.76
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	1.75
20013	Bulgur, cooked	182	1 cup	1.75
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	1.74
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	1.74
18302	Pie, apple, prepared from recipe	155	1 piece	1.74
18367	Waffles, plain, prepared from recipe	75	1 waffle	1.73
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	1.72
11581	Vegetables, mixed, canned, drained solids	163	1 cup	1.71
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	1.70
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	1.70
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	1.70
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	1.70
06206	Soup, PROGRESSO HEALTHY CLASSICS MINISTRONE, canned, ready-to-serve	241	1 cup	1.69
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	1.68
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	1.68
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	1.68
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	1.66

# USDA National Nutrient Database for Standard Reference, Release 16

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	1.66
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	1.65
22905	Beef stew, canned entree	232	1 cup	1.65
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.64
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	1.63
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	1.63
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	1.63
11414	Potato salad, home-prepared	250	1 cup	1.63
09306	Raspberries, frozen, red, sweetened	250	1 cup	1.63
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	1.62
18279	Muffins, corn, commercially prepared	57	1 muffin	1.60
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	1.60
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	1.59
09246	Peaches, dried, sulfured, uncooked	39	3 halves	1.58
05306	Poultry food products, ground turkey, cooked	82	1 patty	1.58
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	1.57
18041	Bread, pita, white, enriched	60	6-1/2" pita	1.57
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	1.57
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	1.57
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	1.56
18444	Pie, fried pies, cherry	128	1 pie	1.56
18319	Pie, fried pies, fruit	128	1 pie	1.56
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	1.55
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	1.54
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	1.53
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	1.53
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	1.52
07069	Salami, cooked, beef and pork	56.7	2 slices	1.51
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	1.50
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	1.50
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	1.49
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	1.49
20125	Spaghetti, whole-wheat, cooked	140	1 cup	1.48
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	1.48
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	1.48
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	1.46
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	1.45
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	1.45
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	1.44



# USDA National Nutrient Database for Standard Reference, Release 16

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	1.44
18350	Rolls, hamburger or hotdog, plain	43	1 roll	1.43
21129	Fast foods, hush puppies	78	5 pieces	1.43
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	1.43
16120	Soy milk, fluid	245	1 cup	1.42
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	1.41
05292	Turkey patties, breaded, battered, fried	64	1 patty	1.41
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	1.41
21017	Fast foods, danish pastry, fruit	94	1 pastry	1.40
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	1.40
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	1.40
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	1.39
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	1.39
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	1.37
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	1.37
08143	Cereals, WHEATENA, cooked with water	243	1 cup	1.36
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	1.36
11658	Spinach souffle, home-prepared	136	1 cup	1.35
20010	Buckwheat groats, roasted, cooked	168	1 cup	1.34
11081	Beets, cooked, boiled, drained	170	1 cup	1.34
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	1.34
12120	Nuts, hazelnuts or filberts	28.35	1 oz	1.33
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	1.33
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	1.33
05286	Turkey and gravy, frozen	142	5-oz package	1.32
21074	Fast foods, enchilada, with cheese	163	1 enchilada	1.32
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	1.32
01143	Egg substitute, liquid	62.75	1/4 cup	1.32
11015	Asparagus, canned, drained solids	72	4 spears	1.32
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	1.32
18268	French toast, frozen, ready-to-heat	59	1 slice	1.30
12167	Nuts, chestnuts, european, roasted	143	1 cup	1.30
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	1.30
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	1.30
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	1.29
21078	Fast foods, nachos, with cheese	113	6-8 nachos	1.28
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	1.28
02029	Spices, parsley, dried	1.3	1 tbsp	1.27
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	1.27
18151	Cookies, brownies, commercially prepared	56	1 brownie	1.26

# USDA National Nutrient Database for Standard Reference, Release 16

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	1.26
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	1.25
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	1.25
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	1.25
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	1.23
11264	Mushrooms, canned, drained solids	156	1 cup	1.23
11399	Potato puffs, frozen, prepared	79	10 puffs	1.23
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	1.23
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	1.22
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	1.22
12061	Nuts, almonds	28.35	1 oz (24 nuts)	1.22
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	1.22
18027	Bread, egg	40	1/2" slice	1.22
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	1.22
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	1.22
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	1.22
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	1.22
18310	Pie, chocolate creme, commercially prepared	113	1 piece	1.21
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	1.20
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	1.20
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	1.19
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	1.19
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	1.19
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	1.19
11672	Potato pancakes, home-prepared	76	1 pancake	1.19
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	1.18
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	1.18
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	1.18
18324	Pie, pecan, commercially prepared	113	1 piece	1.18
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	1.17
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	1.17
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	1.17
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	1.17
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	1.16
18239	Croissants, butter	57	1 croissant	1.16
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	1.15
15034	Fish, haddock, cooked, dry heat	85	3 oz	1.15
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	1.14
18023	Bread, cornbread, dry mix, prepared	60	1 piece	1.14
18245	Danish pastry, cheese	71	1 danish	1.14
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	1.13
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	1.13

# USDA National Nutrient Database for Standard Reference, Release 16

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15141	Crustaceans, crab, blue, canned	135	1 cup	1.13
18243	Croutons, seasoned	40	1 cup	1.13
18139	Cake, white, prepared from recipe without frosting	74	1 piece	1.12
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	1.12
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	1.12
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	1.12
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	1.12
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	1.11
15111	Fish, swordfish, cooked, dry heat	106	1 piece	1.10
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	1.10
09207	Orange juice, canned, unsweetened	249	1 cup	1.10
12104	Nuts, coconut meat, raw	45	1 piece	1.09
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	1.09
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	1.09
11655	Carrot juice, canned	236	1 cup	1.09
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	1.09
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	1.08
01037	Cheese, ricotta, part skim milk	246	1 cup	1.08
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	1.08
09277	Plantains, raw	179	1 medium	1.07
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	1.07
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	1.07
01123	Egg, whole, raw, fresh	58	1 extra large	1.06
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	1.06
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	1.05
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	1.05
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	1.05
11540	Tomato juice, canned, with salt added	243	1 cup	1.04
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	1.04
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	1.04
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	1.04
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	1.03
11961	Hearts of palm, canned	33	1 piece	1.03
14346	Shake, fast food, chocolate	333	16 fl oz	1.03
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	1.02
11578	Vegetable juice cocktail, canned	242	1 cup	1.02
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	1.02
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	1.01
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	1.01
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	1.01
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	1.01
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	1.00

# USDA National Nutrient Database for Standard Reference, Release 16

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18134	Cake, sponge, prepared from recipe	63	1 piece	1.00
20089	Wild rice, cooked	164	1 cup	0.98
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.98
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.97
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	0.97
18280	Muffins, corn, dry mix, prepared	50	1 muffin	0.97
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.97
18177	Cookies, molasses	15	1 cookie, medium	0.96
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.96
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	0.96
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.96
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.95
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.95
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.95
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.94
21051	Entrees, pizza with pepperoni	71	1 slice	0.94
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.94
01036	Cheese, ricotta, whole milk	246	1 cup	0.93
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.93
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.93
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.93
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	0.93
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.93
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.93
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.93
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.92
18044	Bread, pumpernickel	32	1 slice	0.92
18274	Muffins, blueberry, commercially prepared	57	1 muffin	0.92
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.92
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.92
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	0.92
01123	Egg, whole, raw, fresh	50	1 large	0.92
01131	Egg, whole, cooked, poached	50	1 large	0.92
18045	Bread, pumpernickel, toasted	29	1 slice	0.91
01128	Egg, whole, cooked, fried	46	1 large	0.91
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	0.91
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.91
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.91
18060	Bread, rye	32	1 slice	0.91
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.90
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.90
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	0.90

# USDA National Nutrient Database for Standard Reference, Release 16

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.90
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.90
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.90
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.90
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.90
07024	Frankfurter, chicken	45	1 frank	0.90
02007	Spices, celery seed	2	1 tsp	0.90
09055	Blueberries, frozen, sweetened	230	1 cup	0.90
18217	Crackers, matzo, plain	28.35	1 matzo	0.90
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.89
09278	Plantains, cooked	154	1 cup	0.89
09042	Blackberries, raw	144	1 cup	0.89
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.89
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.89
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.88
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.88
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.88
02010	Spices, cinnamon, ground	2.3	1 tsp	0.88
18326	Pie, pumpkin, commercially prepared	109	1 piece	0.86
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.86
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0.86
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.86
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.85
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.85
01164	Cheese sauce, prepared from recipe	243	1 cup	0.85
09302	Raspberries, raw	123	1 cup	0.85
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.85
11205	Cucumber, with peel, raw	301	1 large	0.84
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.84
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.84
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.83
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.83
18316	Pie, coconut custard, commercially prepared	104	1 piece	0.83
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.83
18064	Bread, wheat (includes wheat berry)	25	1 slice	0.83
06166	Sauce, homemade, white, medium	250	1 cup	0.83
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.82
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.82
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.82
13350	Beef, cured, dried	28.35	1 oz	0.82
20037	Rice, brown, long-grain, cooked	195	1 cup	0.82
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.82
11457	Spinach, raw	30	1 cup	0.81

# USDA National Nutrient Database for Standard Reference, Release 16

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.81
21088	Tostada with guacamole	130.5	1 tostada	0.81
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.81
01123	Egg, whole, raw, fresh	44	1 medium	0.81
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.80
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.80
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.80
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.80
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.80
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.79
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	0.78
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.78
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.78
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.77
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.77
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.77
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.77
09094	Figs, dried, uncooked	38	2 figs	0.77
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0.77
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.77
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	0.76
18048	Bread, raisin, toasted, enriched	24	1 slice	0.76
18047	Bread, raisin, enriched	26	1 slice	0.75
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.75
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.75
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.75
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.75
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.75
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.74
18061	Bread, rye, toasted	24	1 slice	0.74
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.74
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.74
18220	Crackers, melba toast, plain	20	4 pieces	0.74
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.74
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.74
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.74
18040	Bread, oatmeal, toasted	25	1 slice	0.74
18057	Bread, reduced-calorie, white	23	1 slice	0.73
18041	Bread, pita, white, enriched	28	4" pita	0.73
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.73

# USDA National Nutrient Database for Standard Reference, Release 16

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01132	Egg, whole, cooked, scrambled	61	1 large	0.73
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.73
18039	Bread, oatmeal	27	1 slice	0.73
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.73
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.72
21127	Fast foods, coleslaw	99	3/4 cup	0.72
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.72
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.72
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.72
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.72
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.72
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.71
18053	Bread, reduced-calorie, rye	23	1 slice	0.71
11159	Coleslaw, home-prepared	120	1 cup	0.71
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.71
18025	Bread, cracked-wheat	25	1 slice	0.70
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.70
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.70
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.70
09316	Strawberries, raw	166	1 cup	0.70
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.69
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.69
18320	Pie, lemon meringue, commercially prepared	113	1 piece	0.69
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.69
09326	Watermelon, raw	286	1 wedge	0.69
07008	Bologna, beef and pork	56.7	2 slices	0.69
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.68
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.68
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.68
18055	Bread, reduced-calorie, wheat	23	1 slice	0.68
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.68
07022	Frankfurter, beef	45	1 frank	0.68
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.68
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.68
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	0.67
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	0.67
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.67
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.67
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.67
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.66
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.66

# USDA National Nutrient Database for Standard Reference, Release 16

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.66
02027	Spices, oregano, dried	1.5	1 tsp	0.66
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.66
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.66
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.66
18226	Crackers, rye, wafers, plain	11	1 wafer	0.65
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.65
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.65
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.65
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.65
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	0.65
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.65
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.65
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.65
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.65
11090	Broccoli, raw	88	1 cup	0.64
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.64
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.64
11821	Peppers, sweet, red, raw	149	1 cup	0.64
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.64
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.63
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.63
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.63
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.63
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.63
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.62
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	0.62
11297	Parsley, raw	10	10 sprigs	0.62
11206	Cucumber, peeled, raw	280	1 large	0.62
19270	Ice creams, chocolate	66	1/2 cup	0.61
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.61
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	0.61
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.61
02030	Spices, pepper, black	2.1	1 tsp	0.61
01102	Milk, chocolate, fluid, commercial,	250	1 cup	0.60
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0.60
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.60
20029	Couscous, cooked	157	1 cup	0.60
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	0.60
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.60
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.59
02015	Spices, curry powder	2	1 tsp	0.59



# USDA National Nutrient Database for Standard Reference, Release 16

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.59
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.59
18033	Bread, italian	20	1 slice	0.59
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.59
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.58
01095	Milk, canned, condensed, sweetened	306	1 cup	0.58
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	0.58
21049	Entrees, pizza with cheese	63	1 slice	0.58
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.58
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.58
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.58
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0.58
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.57
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.57
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.57
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.57
18308	Pie, cherry, commercially prepared	117	1 piece	0.56
11112	Cabbage, red, raw	70	1 cup	0.56
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.55
07017	Chicken roll, light meat	56.7	2 slices	0.55
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0.55
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.55
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	0.55
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.55
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.55
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.54
11251	Lettuce, cos or romaine, raw	56	1 cup	0.54
11670	Peppers, hot chili, green, raw	45	1 pepper	0.54
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.54
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.53
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0.53
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0.53
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.52
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.52
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.52
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.52
07023	Frankfurter, beef and pork	45	1 frank	0.52
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	0.51
11821	Peppers, sweet, red, raw	119	1 pepper	0.51
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.51
01057	Eggnog	254	1 cup	0.51
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.51

# USDA National Nutrient Database for Standard Reference, Release 16

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11333	Peppers, sweet, green, raw	149	1 cup	0.51
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	0.50
18147	Cheesecake commercially prepared	80	1 piece	0.50
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.50
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.50
09223	Tangerine juice, canned, sweetened	249	1 cup	0.50
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.50
09206	Orange juice, raw	248	1 cup	0.50
02028	Spices, paprika	2.1	1 tsp	0.50
09128	Grapefruit juice, white, raw	247	1 cup	0.49
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.49
09404	Grapefruit juice, pink, raw	247	1 cup	0.49
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.49
18235	Crackers, whole-wheat	16	4 crackers	0.49
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.49
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.49
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.48
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.48
11253	Lettuce, green leaf, raw	56	1 cup	0.48
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0.48
18214	Crackers, cheese, regular	10	10 crackers	0.48
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	0.48
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.47
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.47
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.47
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.47
18170	Cookies, fig bars	16	1 cookie	0.46
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	0.46
11819	Peppers, hot chili, red, raw	45	1 pepper	0.46
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.46
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.46
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.46
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	0.45
01125	Egg, yolk, raw, fresh	16.6	1 large	0.45
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.45
14277	Grape drink, canned	250	8 fl oz	0.45
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.45
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.45
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.45
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.44
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.44
11135	Cauliflower, raw	100	1 cup	0.44
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.44

# USDA National Nutrient Database for Standard Reference, Release 16

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11084	Beets, canned, drained solids	24	1 beet	0.44
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.44
09266	Pineapple, raw, all varieties	155	1 cup	0.43
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	0.43
18229	Crackers, standard snack-type, regular	12	4 crackers	0.43
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.43
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	0.43
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.43
19056	Snacks, tortilla chips, plain	28.35	1 oz	0.43
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0.43
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.43
09236	Peaches, raw	170	1 cup	0.43
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.42
09087	Dates, deglet noor	41.5	5 dates	0.42
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.42
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.42
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.42
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.42
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.42
06125	Gravy, turkey, canned	59.6	1/4 cup	0.42
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.42
11213	Endive, raw	50	1 cup	0.42
11109	Cabbage, raw	70	1 cup	0.41
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.41
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.41
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.41
19087	Candies, confectioner's coating, white	170	1 cup	0.41
06116	Gravy, beef, canned	58.25	1/4 cup	0.41
09050	Blueberries, raw	145	1 cup	0.41
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	0.41
11333	Peppers, sweet, green, raw	119	1 pepper	0.40
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.40
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.40
14181	Chocolate syrup	18.75	1 tbsp	0.40
11641	Squash, summer, all varieties, raw	113	1 cup	0.40
11081	Beets, cooked, boiled, drained	50	1 beet	0.40
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.39
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.39
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.39
09040	Bananas, raw	150	1 cup	0.39
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.39
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.39
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.39

# USDA National Nutrient Database for Standard Reference, Release 16

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.38
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.38
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.38
09191	Nectarines, raw	136	1 nectarine	0.38
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.38
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.38
21139	Fast foods, potato, mashed	80	1/3 cup	0.38
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.37
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.37
02009	Spices, chili powder	2.6	1 tsp	0.37
07064	Pork sausage, fresh, cooked	27	1 patty	0.37
19071	Candies, carob	28.35	1 oz	0.37
09326	Watermelon, raw	152	1 cup	0.36
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.36
11260	Mushrooms, raw	70	1 cup	0.36
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.36
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.36
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.36
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.36
07064	Pork sausage, fresh, cooked	26	2 links	0.35
18232	Crackers, wheat, regular	8	4 crackers	0.35
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.35
18305	Pie, blueberry, commercially prepared	117	1 piece	0.35
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.35
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.35
09150	Lemons, raw, without peel	58	1 lemon	0.35
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.35
11937	Pickles, cucumber, dill	65	1 pickle	0.34
16158	Hummus, commercial	14	1 tbsp	0.34
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	0.34
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.34
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.34
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.34
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.34
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	0.34
09181	Melons, cantaloupe, raw	160	1 cup	0.34
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.33
18360	Taco shells, baked	13.3	1 medium	0.33
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.33
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.33
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.33
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.33

# USDA National Nutrient Database for Standard Reference, Release 16

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11124	Carrots, raw	110	1 cup	0.33
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.33
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.33
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.33
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.32
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.32
09153	Lemon juice, canned or bottled	244	1 cup	0.32
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.32
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.32
01111	Milk shakes, thick vanilla	313	11 fl oz	0.31
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.31
09040	Bananas, raw	118	1 banana	0.31
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.31
19035	Snacks, popcorn, oil-popped	11	1 cup	0.31
09226	Papayas, raw	304	1 papaya	0.30
11282	Onions, raw	160	1 cup	0.30
07072	Salami, dry or hard, pork, beef	20	2 slices	0.30
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.30
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.30
14347	Shake, fast food, vanilla	333	16 fl oz	0.30
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.30
14142	Carbonated beverage, grape soda	372	12 fl oz	0.30
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.30
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.30
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.30
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.29
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.29
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.29
11205	Cucumber, with peel, raw	104	1 cup	0.29
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.29
09184	Melons, honeydew, raw	170	1 cup	0.29
11445	Seaweed, kelp, raw	10	2 tbsp	0.29
09252	Pears, raw	166	1 pear	0.28
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.28
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.28
09060	Carambola, (starfruit), raw	108	1 cup	0.28
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.28
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	0.28
11114	Cabbage, savoy, raw	70	1 cup	0.28
06119	Gravy, chicken, canned	59.5	1/4 cup	0.28
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.28
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.28
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.27
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.27

# USDA National Nutrient Database for Standard Reference, Release 16

## Iron, Fe (mg) 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	0.27
11457	Spinach, raw	10	1 leaf	0.27
09176	Mangos, raw	207	1 mango	0.27
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.27
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.27
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.26
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.26
09298	Raisins, seedless	14	1 packet	0.26
11206	Cucumber, peeled, raw	119	1 cup	0.26
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.26
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.26
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.26
19089	Ice creams, vanilla, rich	74	1/2 cup	0.25
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.25
19041	Snacks, pork skins, plain	28.35	1 oz	0.25
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.25
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.25
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.25
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.25
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.25
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.25
09236	Peaches, raw	98	1 peach	0.25
09070	Cherries, sweet, raw	68	10 cherries	0.24
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.24
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.24
19353	Syrups, maple	20	1 tbsp	0.24
11143	Celery, raw	120	1 cup	0.24
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.24
09060	Carambola, (starfruit), raw	91	1 fruit	0.24
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.24
16055	Carob flour	8	1 tbsp	0.24
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.23
11090	Broccoli, raw	31	1 spear	0.23
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.23
14150	Carbonated beverage, orange	372	12 fl oz	0.22
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.22
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.22
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.22
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.22
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	0.22
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.22
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.22
11124	Carrots, raw	72	1 carrot	0.22

# USDA National Nutrient Database for Standard Reference, Release 16

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.21
09176	Mangos, raw	165	1 cup	0.21
19034	Snacks, popcorn, air-popped	8	1 cup	0.21
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.21
19014	Snacks, fruit leather, rolls	21	1 large	0.21
11954	Tomatillos, raw	34	1 medium	0.21
11282	Onions, raw	110	1 whole	0.21
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.21
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.20
11943	Pimento, canned	12	1 tbsp	0.20
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	0.20
14342	Rice beverage, RICE DREAM, canned	245	1 cup	0.20
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.20
01009	Cheese, cheddar	28.35	1 oz	0.19
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.19
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.19
19036	Snacks, popcorn, cakes	10	1 cake	0.19
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.19
14157	Carbonated beverage, root beer	370	12 fl oz	0.19
01019	Cheese, feta	28.35	1 oz	0.18
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.18
11955	Tomatoes, sun-dried	2	1 piece	0.18
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.18
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.18
09200	Oranges, raw, all commercial varieties	180	1 cup	0.18
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.18
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.18
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.18
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.18
07027	Ham, chopped, not canned	21	2 slices	0.17
01017	Cheese, cream	14.5	1 tbsp	0.17
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.17
09038	Avocados, raw, California	28.35	1 oz	0.17
09206	Orange juice, raw	86	juice from 1 orange	0.17
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.17
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.17
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.17
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.17
09003	Apples, raw, with skin	138	1 apple	0.17
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.16
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.16
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.16
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.16

# USDA National Nutrient Database for Standard Reference, Release 16

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.16
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.16
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.15
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.15
01035	Cheese, provolone	28.35	1 oz	0.15
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.15
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.15
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.15
18086	Cake, angelfood, commercially prepared	28	1 piece	0.15
09181	Melons, cantaloupe, raw	69	1/8 melon	0.14
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.14
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.14
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.14
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.14
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.14
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.14
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.14
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	0.14
09226	Papayas, raw	140	1 cup	0.14
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.14
09021	Apricots, raw	35	1 apricot	0.14
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.13
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.13
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.13
09200	Oranges, raw, all commercial varieties	131	1 orange	0.13
11945	Pickle relish, sweet	15	1 tbsp	0.13
01007	Cheese, camembert	38	1 wedge	0.13
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.13
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.12
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.12
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.12
11677	Shallots, raw	10	1 tbsp	0.12
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.12
07073	Sandwich spread, pork, beef	15	1 tbsp	0.12
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.12
01030	Cheese, muenster	28.35	1 oz	0.12
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.12
19116	Candies, marshmallows	50	1 cup	0.12
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.11
09279	Plums, raw	66	1 plum	0.11
18373	Leavening agents, cream of tartar	3	1 tsp	0.11
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.11
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.11



# USDA National Nutrient Database for Standard Reference, Release 16

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0.10
19097	Sherbet, orange	74	1/2 cup	0.10
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.10
19297	Jams and preserves	20	1 tbsp	0.10
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.10
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.10
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.10
11740	Broccoli, flower clusters, raw	11	1 floweret	0.10
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.10
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.09
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.09
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.09
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.09
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.09
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.09
02048	Vinegar, cider	15	1 tbsp	0.09
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.09
11960	Carrots, baby, raw	10	1 medium	0.09
19296	Honey	21	1 tbsp	0.09
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.09
01004	Cheese, blue	28.35	1 oz	0.09
11253	Lettuce, green leaf, raw	10	1 leaf	0.09
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.08
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.08
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.08
11143	Celery, raw	40	1 stalk	0.08
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.08
01031	Cheese, neufchatel	28.35	1 oz	0.08
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.08
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.08
11284	Onions, dehydrated flakes	5	1 tbsp	0.08
09004	Apples, raw, without skin	110	1 cup	0.08
02020	Spices, garlic powder	2.8	1 tsp	0.08
11935	Catsup	15	1 tbsp	0.08
09316	Strawberries, raw	18	1 strawberry	0.08
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.07
01077	Milk, whole, 3.25% milkfat	244	1 cup	0.07
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.07
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.07
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.07
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.07
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.07
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.07
02045	Dill weed, fresh	1	5 sprigs	0.07

# USDA National Nutrient Database for Standard Reference, Release 16

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	0.06
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.06
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.06
19334	Sugars, brown	3.2	1 tsp	0.06
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.06
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.06
19095	Ice creams, vanilla	66	1/2 cup	0.06
11135	Cauliflower, raw	13	1 floweret	0.06
01040	Cheese, swiss	28.35	1 oz	0.06
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.05
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.05
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.05
02026	Spices, onion powder	2.1	1 tsp	0.05
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.05
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.05
19088	Ice creams, vanilla, light	66	1/2 cup	0.05
19294	Fruit butters, apple	17	1 tbsp	0.05
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.05
11215	Garlic, raw	3	1 clove	0.05
09316	Strawberries, raw	12	1 strawberry	0.05
09039	Avocados, raw, Florida	28.35	1 oz	0.05
11156	Chives, raw	3	1 tbsp	0.05
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.05
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.05
01032	Cheese, parmesan, grated	5	1 tbsp	0.05
20027	Cornstarch	8.064	1 tbsp	0.04
19108	Candies, jellybeans	28.35	10 large	0.04
19300	Jellies	19	1 tbsp	0.04
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.04
14121	Carbonated beverage, club soda	355	12 fl oz	0.04
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.04
11333	Peppers, sweet, green, raw	10	1 ring	0.03
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.03
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.03
11935	Catsup	6	1 packet	0.03
01186	Cheese, cream, fat free	15.6	1 tbsp	0.03
04133	Salad dressing, french, home recipe	14	1 tbsp	0.03
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.03
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.03
01124	Egg, white, raw, fresh	33.4	1 large	0.03
11282	Onions, raw	14	1 slice	0.03
06174	Soup, stock, fish, home-prepared	233	1 cup	0.02
01069	Cream substitute, powdered	2	1 tsp	0.02
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.02

# USDA National Nutrient Database for Standard Reference, Release 16

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02055	Horseradish, prepared	5	1 tsp	0.02
02047	Salt, table	6	1 tsp	0.02
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.02
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.02
19107	Candies, hard	6	1 piece	0.02
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.02
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.02
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.02
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.02
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.02
11429	Radishes, raw	4.5	1 radish	0.02
19074	Candies, caramels	10.1	1 piece	0.01
09152	Lemon juice, raw	47	juice of 1 lemon	0.01
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.01
09160	Lime juice, raw	38	juice of 1 lime	0.01
01049	Cream, fluid, half and half	15	1 tbsp	0.01
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.01
19350	Syrups, corn, light	20	1 tbsp	0.01
19107	Candies, hard	3	1 small piece	0.01
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.01
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.01
01056	Cream, sour, cultured	12	1 tbsp	0.01
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.01
19129	Syrups, table blends, pancake	20	1 tbsp	0.01
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.01
02050	Vanilla extract	4.2	1 tsp	0.01
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.00
01052	Cream, fluid, light whipping	15	1 tbsp	0.00
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.00
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.00
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.00
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.00
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.00
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.00
01145	Butter, without salt	14.2	1 tbsp	0.00
01001	Butter, salted	14.2	1 tbsp	0.00
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.00
19336	Sugars, powdered	8	1 tbsp	0.00
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.00
01072	Dessert topping, pressurized	4	1 tbsp	0.00
19335	Sugars, granulated	4.2	1 tsp	0.00
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.00
14429	Water, municipal	237	8 fl oz	0.00

**USDA National Nutrient Database for Standard Reference, Release 16**

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

<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
18372	Leavening agents, baking soda	4.6	1 tsp	0.00
09340	Pears, asian, raw	275	1 pear	0.00
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.00
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0.00
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.00
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.00
09340	Pears, asian, raw	122	1 pear	0.00
04582	Vegetable oil, canola	14	1 tbsp	0.00
04002	Lard	12.8	1 tbsp	0.00
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.00
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.00
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.00
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.00
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.00
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.00
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.00
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.00
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.00