

Nutrition Facts: Mineral Content in Foods (High to Low)

Iron mg

8	Flour, rye 100% stone ground whole grain Quantity: 1 cup, 148g	1	Squash butternut (winter), cooked no salt Quantity: 1 cup cubed 205g
7	Pumpkin: canned Quantity: 15oz 425g	1	Caraway seed Quantity: 1 Tbsp 6g
7	Legumes, lentils, cooked Quantity: 1 cup 198g	1	Chili powder, ground Quantity: 1 Tbsp
6	Lettuce, romaine, raw Quantity: 1 head, 626g	1	Fennel Seed Quantity: 1 Tbsp
5	Thyme, ground Quantity: 1 Tbsp	1	Green beans, raw Quantity: 20 beans 1 cup 110g
5	Legumes, red kidney beans, cooked Quantity: 1 cup 177g	1	Kale greens, raw Quantity: 1 cup chopped 67g
5	Flour, quinoa Quantity: 1 cup	1	Mustard Seed, yellow Quantity: 1 Tbsp 11g
5	Flour, buckwheat Quantity: 1 cup 120g	1	Turnip greens, raw Quantity: 2 cups 100g
5	Yeast, regular Quantity: 1oz 28g	1	Bread, Whole Grain Sandwich Thins Quantity: 2 slices
5	Almonds, raw whole Quantity: 24 nuts 28g	1	Bread, Whole Grain, Pepperidge Farm double fiber Quantity: 1 slice, 43g
4	Flour 100% Whole Wheat organic stone ground Quantity: 1 cup 120g	1	Pasta, Capellini 100% whole wheat Quantity: 2oz 56g
4	Legumes, navy beans, cooked Quantity: 1 cup 182g	1	Pasta, Rotini 100% whole wheat Quantity: 2oz 56g
4	Flour, barley Quantity: 1 cup 148g	1	Spinach, canned, no salt added Quantity: 1/2 cup 115g
4	Cumin, seed Quantity: 1 Tbsp	1	Wheat Germ, raw Quantity: 2 Tbsp 16g
4	Legumes, great northern beans, cooked Quantity: 1 cup 177g	1	Macadamia nuts, raw Quantity: 12 nuts 28g
4	Parsley, raw Quantity: 1 cup 60g	1	Rosemary, dried Quantity: 1 Tbsp 3g
4	Legumes, black beans, cooked Quantity: 1 cup 172g		
4	Tomato paste, Full Circle organic Quantity: 6oz can		
3	Spelt, cooked Quantity: 1 cup		
3	Beets, canned slices Quantity: 1 cup 170g		
3	Flour, brown rice Quantity: 1 cup 158g		
3	Spinach, frozen, organic Quantity: 1 cup		
3	Turmeric, ground Quantity: 1 Tbsp		
3	Bison Burger (cooked) Quantity: 3oz 85g		
3	Pumpkin seeds, dried hulled Quantity: 1/4 cup 30g		
3	Spinach, baby raw Quantity: 2 cups 85g		
3	Tomatoes, canned diced, no salt added Quantity: 14.5oz can		
3	Beef, ground round 85% lean (cooked) Quantity: 3oz 85g		
2	Beef, ground beef 95% lean (cooked) Quantity: 3oz 85g		
2	Beef, ground sirloin 90% lean (cooked) Quantity: 3oz 85g		
2	Cauliflower, green, raw Quantity: small head 325g		
2	Broccoli, frozen Green Giant Steamers Quantity: 2 cups		
2	Jicama (yambean), raw Quantity: 1 small 365g		
2	Quinoa Quantity: 1/4 cup 46g		
2	Asparagus, spears Quantity: 6, 7"spears 100g		
2	Peas green, raw Quantity: 1 cup 145g		
2	Peas, canned Lesueur (baby) -50% sodium Quantity: 1 cup 175g		
2	Peas, frozen Quantity: 1 cup 134g		
2	Cashews, raw whole Quantity: 1oz 28g		
2	Leeks, raw Quantity: 1 leek 89g		
2	Potato, Russet (cooked) with skin no salt Quantity: 1 medium 173g		
2	Black Pepper Quantity: 1 Tbsp 6g		
2	Cocoa, Hershey's unsweetened dark Quantity: 1 Tbsp		
2	Legumes, black beans, canned Quantity: 1/2 cup 130g		
2	Oat Bran, organic Quantity: 1/4 cup 40g		
2	Oats, rolled, quick organic Quantity: 1/2 cup 40g		
2	Pasta, Egg Noodles, wide 100% whole grain Quantity: 1/4 cup dry 56g		
2	Pasta, Spaghettini 100% whole wheat Quantity: 2oz 56g		
2	Turkey Sausage, lean, sweet Quantity: 1 link 91g		
2	Vegetable Protein Powder Quantity: 2 Tbsp 20g		
2	Paprika Quantity: 1 Tbsp 7g		
2	Tuna Steak, frozen Ahi Yellow fin Quantity: 4oz 113g		
2	Turkey, ground breast 99% lean Quantity: 4oz		
2	Almonds, raw whole Quantity: 8 nuts 9g		
2	Parsley Quantity: 1 Tbsp 2g		
2	Strawberries, raw organic Quantity: 1 pint 357g		
2	Sunflower seeds: whole, dried Quantity: 1oz 28g		
2	Tarragon, ground Quantity: 1 Tbsp 5g		
2	Tuna, pouch in water, chunk light low sodium Quantity: 3 oz 85g		
1	Coconut butter (whole coconut pulp) Quantity: 1 Tbsp 15g		
1	Dill weed, dried Quantity: 1 Tbsp		
1	Legumes, dark red kidney beans, canned Quantity: 1/2 cup 130g		
1	Peas, sugar snap, raw Quantity: 20 pods 68g		
1	Sesame seeds, whole, dried Quantity: 1 Tbsp 9g		
1	Edamame, organic, frozen whole pods Quantity: 1/2 cup 113g		
1	Blackberries, frozen Quantity: 1 cup 151g		
1	Brussels sprouts Quantity: 3 whole, 88g		
1	Cauliflower, white, raw Quantity: 1 small, 265g		
1	Marjoram, dried Quantity: 1 Tbsp 2g		
1	Pistachio nuts, raw Quantity: 49 nuts 28g		
1	Potato, Red (cooked) with skin no salt Quantity: 1 medium 173g		