

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

Magnesium mg

317	Flour, rye 100% stone ground whole grain Quantity: 1 cup, 148g	32	Peas, canned Lesueur (baby) -50% sodium Quantity: 1 cup 175g
301	Flour, buckwheat Quantity: 1 cup 120g	31	Turnip greens, raw Quantity: 2 cups 100g
236	Flour, quinoa Quantity: 1 cup	31	Potato, Sweet (cooked) with skin no salt Quantity: 1 medium 114g
177	Flour, brown rice Quantity: 1 cup 158g	30	Parsley, raw Quantity: 1 cup 60g
166	Flour 100% Whole Wheat organic stone ground Quantity: 1 cup 120g	29	Beets, canned slices Quantity: 1 cup 170g
151	Pumpkin seeds, dried hulled Quantity: 1/4 cup 30g	28	Milk, fat free Quantity: 1 cup 246g
142	Flour, barley Quantity: 1 cup 148g	28	Salmon, frozen wild keta (Pacific) Quantity: 4oz 113g
120	Legumes, black beans, cooked Quantity: 1 cup 172g	28	Green beans, raw Quantity: 20 beans 1 cup 110g
118	Quinoa Quantity: 1/4 cup 46g	27	Yeast, regular Quantity: 1oz 28g
117	Spinach, frozen, organic Quantity: 1 cup	27	Banana, whole Quantity: 1 small 101g
115	Pumpkin: canned Quantity: 15oz 425g	27	Raspberries, raw Quantity: 1 cup 123g
106	Brazil Nuts, raw Quantity: 6 nuts 28g	27	Buttermilk, low fat cultured Quantity: 1 cup 245g
96	Legumes, navy beans, cooked Quantity: 1 cup 182g	27	Corn, sweet, yellow cooked Quantity: medium ear 103g
95	Spelt, cooked Quantity: 1 cup	27	Almonds, raw whole Quantity: 8 nuts 9g
93	Spinach, canned, no salt added Quantity: 1/2 cup 115g	26	Cocoa, Hershey's unsweetened Quantity: 1 Tbsp
91	Sunflower seeds: whole, dried Quantity: 1oz 28g	25	Cocoa, Hershey's unsweetened dark Quantity: 1 Tbsp
89	Legumes, great northern beans, cooked Quantity: 1 cup 177g	25	Leeks, raw Quantity: 1 leek 89g
88	Lettuce, romaine, raw Quantity: 1 head, 626g	24	Yogurt, organic Greek plain nonfat Quantity: 5.3oz 150g
82	Pasta, Rotini 100% whole wheat Quantity: 2oz 56g	23	Beets, cooked Quantity: 2 beets 100g
82	Pasta, Capellini 100% whole wheat Quantity: 2oz 56g	23	Bread, Whole Grain Sandwich Thins Quantity: 2 slices
82	Pasta, Spaghettini 100% whole wheat Quantity: 2oz 56g	23	Bread, Whole Grain, Pepperidge Farm double fiber Quantity: 1 slice, 43g
80	Almonds, raw whole Quantity: 24 nuts 28g	23	Tuna, pouch in water, chunk light low sodium Quantity: 3 oz 85g
80	Legumes, black beans, canned Quantity: 1/2 cup 130g	23	Kale greens, raw Quantity: 1 cup chopped 67g
80	Legumes, red kidney beans, cooked Quantity: 1 cup 177g	23	Tofu, organic extra firm Quantity: 1 slice 84g
73	Avocado (green), Florida raw Quantity: 1 fruit 304g	23	Legumes, dark red kidney beans, canned Quantity: 1/2 cup 130g
71	Tomato paste, Full Circle organic Quantity: 6oz can	22	Pepper, sweet yellow or orange raw Quantity: 1 large 186g
71	Legumes, lentils, cooked Quantity: 1 cup 198g	22	Fennel Seed Quantity: 1 Tbsp
69	Oats, rolled, quick organic Quantity: 1/2 cup 40g	22	Cumin, seed Quantity: 1 Tbsp
67	Spinach, baby raw Quantity: 2 cups 85g	22	Pasta, Egg Noodles, wide 100% whole grain Quantity: 1/4 cup dry 56g
66	Rice, brown long grain organic Quantity: 1/4 cup 45g	22	Bean Sprouts, mung Quantity: 1 cup 104g
65	Cauliflower, green, raw Quantity: small head 325g	21	Beef, ground round 85% lean (cooked) Quantity: 3oz 85g
59	Squash butternut (winter), cooked no salt Quantity: 1 cup cubed 205g	20	Beef, ground beef 95% lean (cooked) Quantity: 3oz 85g
54	Tuna Steak, frozen Ahi Yellow fin Quantity: 4oz 113g	20	Brussels sprouts Quantity: 3 whole, 88g
53	Tomatoes, canned diced, no salt added Quantity: 14.5oz can	20	Turkey, ground 93/7 lean Quantity: 4oz
52	Potato, Russet (cooked) with skin no salt Quantity: 1 medium 173g	20	Pineapple, raw Quantity: 1 cup chunks 165g
49	Almond Butter Quantity: 1 Tbsp	20	Avocado (black), California raw Quantity: 1/2 fruit 100g
48	Potato, Red (cooked) with skin no salt Quantity: 1 medium 173g	20	Pepper, sweet red raw Quantity: 1 large 164g
48	Peanut butter, creamy organic Quantity: 2 Tbsp	20	Turkey, ground breast 99% lean Quantity: 4oz
48	Yogurt, organic plain lowfat Quantity: 1 cup 227g	20	Beef, ground sirloin 90% lean (cooked) Quantity: 3oz 85g
48	Yogurt, organic plain nonfat Quantity: 1 cup 227g	20	Bison Burger (cooked) Quantity: 3oz 85g
48	Peas green, raw Quantity: 1 cup 145g	19	Turkey Sausage, lean, sweet Quantity: 1 link 91g
48	Broccoli, frozen Green Giant Steamers Quantity: 2 cups	19	Broccoli, raw chopped Quantity: 1 cup 91g
46	Parsnip, cooked Quantity: 1 (9"long) 160g	19	Strawberries, raw organic Quantity: 8 medium 147g
46	Strawberries, raw organic Quantity: 1 pint 357g	19	Cantaloupe, raw organic Quantity: 1/4 medium 138g
46	Tangerines, (mandarin oranges) raw Quantity: 1 medium 88g	19	Ricotta Cheese, part skim milk Quantity: 1/2 cup 24g
45	Walnuts, raw unsalted Quantity: 5 whole 28g	17	Cloves, ground Quantity: 1 Tbsp
44	Jicama (yambean), raw Quantity: 1 small 365g	17	Squash spaghetti, cooked no salt Quantity: 1 cup 155g
40	Flax seeds, organic (grind up to eat) Quantity: 1 Tbsp	17	Caraway seed Quantity: 1 Tbsp 6g
40	Oat Bran, organic Quantity: 1/4 cup 40g	17	Tarragon, ground Quantity: 1 Tbsp 5g
40	Wheat Germ, raw Quantity: 2 Tbsp 16g	16	Orange, navel Quantity: 1 medium
40	Cauliflower, white, raw Quantity: 1 small, 265g	16	Papaya, raw Quantity: 1 small 152g
39	Avocado (black), California raw Quantity: 1 fruit 201g	16	Peas, sugar snap, raw Quantity: 20 pods 68g
39	Milk, 1% fat organic Quantity: 1 cup 246g	16	Pepper, sweet green raw Quantity: 1 large 164g
39	Cucumber, raw with peel Quantity: 8" whole 301g	16	Tomato cherry, raw Quantity: 5 whole 1 cup
39	Parsnip, raw Quantity: 1 cup slices, 133g	16	Watermelon, raw Quantity: 1 wedge, 1/16 melon
37	Macadamia nuts, raw Quantity: 12 nuts 28g	16	Almond Milk, Almond Breeze Unsweetened Quantity: 1 cup
37	Avocado (green), Florida raw Quantity: 1/2 fruit 152g	16	Dates, Medjool, California Quantity: 2 dates 46g
36	Edamame, organic, frozen whole pods Quantity: 1/2 cup 113g	16	Grape juice, Welch's unsweetened Quantity: 1/2 cup 4oz
36	Orange Juice, raw Quantity: 1/2 cup 4oz	16	Orange, Cara Cara Quantity: 1 medium 154g
35	Corn, yellow frozen, microwaved Quantity: 1 cup 141g	16	Tomatoes, canned crushed, no salt added Quantity: 1/4 cup 63g
35	Peas, frozen Quantity: 1 cup 134g	16	Kiwi fruit, raw (without skin) Quantity: 1 large 91g
34	Pecans, raw unsalted Quantity: 19 halves 28g	15	Pomegranate, raw Quantity: 4" 282g
34	Pistachio nuts, raw Quantity: 49 nuts 28g	15	Cauliflower, white, raw Quantity: 1 cup 100g
34	Tilapia, cooked dry heat Quantity: 4oz 100g	14	Jicama (yambean), raw Quantity: 1 cup slices 120g
34	Nectarine, raw Quantity: 1 medium 142g	14	Cabbage, red, raw, chopped Quantity: 1 cup 89g
33	Squash zucchini (summer) Quantity: 1 medium	14	Asparagus, spears Quantity: 6, 7"spears 100g
33	Blackberries, frozen Quantity: 1 cup 151g	14	Turnip, cooked Quantity: 1 cup cubes 156g
33	Chicken, breast tenderloins boneless skinless Quantity: 112g	14	Pasta, Spinach (cooked) Quantity: 2oz 56g
33	Mustard Seed, yellow Quantity: 1 Tbsp 11g	14	Figs, raw Quantity: 1 large 64g
32	Banana, whole Quantity: 1 medium 118g	14	Dill weed, dried Quantity: 1 Tbsp
32	Sesame seeds, whole, dried Quantity: 1 Tbsp 9g	14	Grapefruit, raw (pink or red) Quantity: 1/2 fruit 230g

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14	Tomato, raw Quantity: 1 medium 123g
13	Turnip, raw Quantity: 1 medium 122g
13	Bok Choy, raw, shredded Quantity: 1 cup 70g
13	Turmeric, ground Quantity: 1 Tbsp
13	Cauliflower, green, raw Quantity: 1 cup 64g
13	Chili powder, ground Quantity: 1 Tbsp
13	Nutmeg, ground Quantity: 1 Tbsp
13	Grapes, raw seedless (red or purple) Quantity: 10 whole 49g
13	Raisins Quantity: 50 whole 26g
12	Black Pepper Quantity: 1 Tbsp 6g
12	Cilantro Quantity: 1 Tbsp 2g
12	Paprika Quantity: 1 Tbsp 7g
12	Prunes, raw Quantity: 3 whole 28g
11	Cabbage, red, raw, shredded Quantity: 1 cup 70g
11	Onion, yellow, raw Quantity: 1 medium
11	Eggplant, cooked, boiled, drained, without salt Quantity: 1 cup 99g
11	Dates, Deglet Noor Sun-maid Quantity: 2 dates pitted 14g
11	Plums, dried Sun-maid Quantity: 3 pitted 28g
11	Peach, frozen slices organic Quantity: 3/4 cup 140g
11	Swiss Cheese Quantity: 1 slice, 1oz, 28g
10	Ginger root, raw Quantity: 1/4 cup sliced 24g
10	Turkey, sausage links 90/10 lean, Jennie-O Quantity: 2 links 56g
10	Ginger, ground Quantity: 1 Tbsp 5g
9	Thyme, ground Quantity: 1 Tbsp
9	Apple, raw organic Quantity: 1 medium
9	Peach, raw Quantity: 1 medium 150g
9	Bean Sprouts, alfalfa Quantity: 1 cup 33g
9	Mango, raw Quantity: 1 fruit 207g
9	Pomegranate Juice, unsweetened Quantity: 1/2 cup 125g
9	Mushrooms, portabella caps Quantity: 3 caps 100g
9	Mushrooms, white, whole Quantity: 1 cup 96g
9	Sage, ground Quantity: 1 Tbsp
8	Basil, dried leaves Quantity: 1 Tbsp 2g
8	Allspice Quantity: 1 Tbsp 5g
8	Dates, Medjool, California Quantity: 1 date 23g
8	Eggs, organic Quantity: 1 large
8	Red Pepper Flakes (cayenne) Quantity: 1 Tbsp 5g
8	Cottage Cheese, low fat 2% milkfat Quantity: 1/2 cup 113g
8	Blueberries, unsweetened frozen Quantity: 1 cup 155g
8	Lettuce, romaine hearts organic Quantity: 2 leaves 3oz
8	Mushrooms, brown, whole Quantity: 1 cup 87g
8	Cherries, sweet, raw Quantity: 9 whole 70g
8	Cranberry Juice, unsweetened Quantity: 1/2 cup 4oz
8	Apple, raw organic Quantity: 1 small 149g
7	Applesauce, unsweetened Quantity: 1 cup 244g
7	Carrot, raw Quantity: 1 medium 61g
7	Coffee, instant 47mg caffeine Quantity: 3/4 cup 179g
7	Rosemary, dried Quantity: 1 Tbsp 3g
7	Onion, yellow, raw Quantity: 1 small
6	Cranberries, raw Quantity: 1 cup 100g
6	Cottage Cheese, low fat 1% milkfat Quantity: 1/2 cup 113g
5	Dates, Deglet Noor Sun-maid Quantity: 1 date pitted 7g
5	Marjoram, dried Quantity: 1 Tbsp 2g
5	Cinnamon, ground Quantity: 1 Tbsp
5	Ginger root, raw Quantity: 5 slices (1"diam) 11g
5	Oregano, dried Quantity: 1 tsp
5	Lemon, raw Quantity: 1 small 58g
4	Celery, organic Quantity: medium stalk 40g
4	Garlic, raw organic Quantity: 6 cloves 18g
4	Honeydew melon, raw Quantity: 1/8 of 5"melon
4	Lime, raw Quantity: 1 small 67g
4	Parsley Quantity: 1 Tbsp 2g
3	Blueberries, raw organic Quantity: 1 cup 148g
3	Olives, green canned Quantity: 14 whole 28g
3	Whey Protein Booster Vanilla Powder, Naturade Quantity: 2 Tbsp 20g
3	Lemon grass (citronella), raw Quantity: 1 Tbsp 5g
3	Sour Cream, fat free Quantity: 1oz 28g
3	Sour Cream, light Quantity: 1oz 28g
2	Onion, green raw Quantity: 1 stalk 12g
2	Tea, Chamomile organic 0mg caffeine Quantity: 1 cup brewed
2	Tea, Earl Grey (black) organic 47mg caffeine Quantity: 1 cup brewed

2	Garlic, raw organic Quantity: 3 cloves 9g
2	Bay Leaf Quantity: 1 Tbsp
1	Butter, unsalted Quantity: 2 Tbsp 28g
1	Olives, ripe canned Quantity: 7 large 28g
1	Tea, Green organic 30mg caffeine Quantity: 1 bag 2g
1	Tea, Oolong (black & green) organic 30mg caffeine Quantity: 1 bag 2g
1	Tea, White (peony) organic 20mg caffeine Quantity: 1 bag 2g