

**Nutrition Facts: Vitamin Content in Foods (High to Low)**

**Vit C mg**

360	Grape juice, Welch's unsweetened Quantity: 1/2 cup 4oz
341	Pepper, sweet yellow or orange raw Quantity: 1 large 186g
286	Cauliflower, green, raw Quantity: small head 325g
240	Garlic, raw organic Quantity: 6 cloves 18g
210	Strawberries, raw organic Quantity: 1 pint 357g
209	Pepper, sweet red raw Quantity: 1 large 164g
150	Lettuce, romaine, raw Quantity: 1 head, 626g
148	Broccoli, frozen Green Giant Steamers Quantity: 2 cups
132	Pepper, sweet green raw Quantity: 1 large 164g
123	Cauliflower, white, raw Quantity: 1 small, 265g
120	Garlic, raw organic Quantity: 3 cloves 9g
94	Papaya, raw Quantity: 1 small 152g
90	Orange, Cara Cara Quantity: 1 medium 154g
86	Strawberries, raw organic Quantity: 8 medium 147g
84	Kiwi fruit, raw (without skin) Quantity: 1 large 91g
83	Orange, navel Quantity: 1 medium
81	Broccoli, raw chopped Quantity: 1 cup 91g
80	Kale greens, raw Quantity: 1 cup chopped 67g
80	Parsley, raw Quantity: 1 cup 60g
79	Pineapple, raw Quantity: 1 cup chunks 165g
75	Brussels sprouts Quantity: 3 whole, 88g
74	Jicama (yambean), raw Quantity: 1 small 365g
72	Tomato Juice, V8 low sodium Quantity: 1 cup
72	Tomato Juice, V8 Quantity: 1 cup 243g
62	Orange Juice, raw Quantity: 1/2 cup 4oz
60	Turnip greens, raw Quantity: 2 cups 100g
58	Peas green, raw Quantity: 1 cup 145g
57	Mango, raw Quantity: 1 fruit 207g
57	Cantaloupe, raw organic Quantity: 1/4 medium 138g
56	Cauliflower, green, raw Quantity: 1 cup 64g
53	Avocado (green), Florida raw Quantity: 1 fruit 304g
51	Cabbage, red, raw, chopped Quantity: 1 cup 89g
47	Peach, frozen slices organic Quantity: 3/4 cup 140g
46	Cauliflower, white, raw Quantity: 1 cup 100g
45	Tomatoes, canned diced, no salt added Quantity: 14.5oz can
41	Peas, sugar snap, raw Quantity: 20 pods 68g
40	Garlic, raw organic Quantity: 1 clove 3g
40	Cabbage, red, raw, shredded Quantity: 1 cup 70g
38	Grapefruit, raw (pink or red) Quantity: 1/2 fruit 230g
37	Tomato paste, Full Circle organic Quantity: 6oz can
33	Squash zucchini (summer) Quantity: 1 medium
32	Raspberries, raw Quantity: 1 cup 123g
32	Bok Choy, raw, shredded Quantity: 1 cup 70g
31	Squash butternut (winter), cooked no salt Quantity: 1 cup cubed 205g
31	Lemon, raw Quantity: 1 small 58g
29	Pomegranate, raw Quantity: 4" 282g
26	Avocado (green), Florida raw Quantity: 1/2 fruit 152g
26	Turnip, raw Quantity: 1 medium 122g
24	Jicama (yambean), raw Quantity: 1 cup slices 120g
24	Peas, frozen Quantity: 1 cup 134g
24	Spinach, baby raw Quantity: 2 cups 85g
24	Tangerines, (mandarin oranges) raw Quantity: 1 medium 88g
23	Watermelon, raw Quantity: 1 wedge, 1/16 melon
23	Parsnip, raw Quantity: 1 cup slices, 133g
23	Honeydew melon, raw Quantity: 1/8 of 5"melon
22	Potato, Russet (cooked) with skin no salt Quantity: 1 medium 173g
22	Potato, Sweet (cooked) with skin no salt Quantity: 1 medium 114g
22	Potato, Red (cooked) with skin no salt Quantity: 1 medium 173g
21	Pumpkin: canned Quantity: 15oz 425g
21	Parsnip, cooked Quantity: 1 (9"long) 160g
20	Lime, raw Quantity: 1 small 67g
19	Tomato cherry, raw Quantity: 5 whole 1 cup
18	Turnip, cooked Quantity: 1 cup cubes 156g
18	Green beans, raw Quantity: 20 beans 1 cup 110g
17	Peas, canned Lesueur (baby) -50% sodium Quantity: 1 cup 175g
16	Tomato, raw Quantity: 1 medium 123g
15	Spinach, canned, no salt added Quantity: 1/2 cup 115g
14	Blueberries, raw organic Quantity: 1 cup 148g
14	Bean Sprouts, mung Quantity: 1 cup 104g
13	Cranberries, raw Quantity: 1 cup 100g
13	Lettuce, romaine hearts organic Quantity: 2 leaves 3oz

12	Avocado (black), California raw Quantity: 1 fruit 201g
12	Cranberry Juice, unsweetened Quantity: 1/2 cup 4oz
11	Leeks, raw Quantity: 1 leek 89g
10	Banana, whole Quantity: 1 medium 118g
10	Cilantro Quantity: 1 Tbsp 2g
10	Peach, raw Quantity: 1 medium 150g
9	Banana, whole Quantity: 1 small 101g
9	Spinach, frozen, organic Quantity: 1 cup
8	Apple, raw organic Quantity: 1 medium
8	Cucumber, raw with peel Quantity: 8" whole 301g
8	Onion, yellow, raw Quantity: 1 medium
8	Nectarine, raw Quantity: 1 medium 142g
8	Pear, raw Quantity: 1 medium 178g
7	Beets, canned slices Quantity: 1 cup 170g
7	Apple, raw organic Quantity: 1 small 149g
6	Corn, sweet, yellow cooked Quantity: medium ear 103g
6	Avocado (black), California raw Quantity: 1/2 fruit 100g
6	Tomatoes, canned crushed, no salt added Quantity: 1/4 cup 63g
6	Edamame, organic, frozen whole pods Quantity: 1/2 cup 113g
6	Asparagus, spears Quantity: 6, 7"spears 100g
6	Onion, green raw Quantity: 1 stalk 12g
5	Squash spaghetti, cooked no salt Quantity: 1 cup 155g
5	Cloves, ground Quantity: 1 Tbsp
5	Grapes, raw seedless (red or purple) Quantity: 10 whole 49g
5	Onion, yellow, raw Quantity: 1 small
5	Tea, Green organic 30mg caffeine Quantity: 1 bag 2g
5	Cherries, sweet, raw Quantity: 9 whole 70g
5	Chili powder, ground Quantity: 1 Tbsp
5	Paprika Quantity: 1 Tbsp 7g
5	Blackberries, frozen Quantity: 1 cup 151g
4	Red Pepper Flakes (cayenne) Quantity: 1 Tbsp 5g
4	Blueberries, unsweetened frozen Quantity: 1 cup 155g
4	Beets, cooked Quantity: 2 beets 100g
4	Carrot, raw Quantity: 1 medium 61g
3	Legumes, lentils, cooked Quantity: 1 cup 198g
3	Bean Sprouts, alfalfa Quantity: 1 cup 33g
3	Buttermilk, low fat cultured Quantity: 1 cup 245g
2	Allspice Quantity: 1 Tbsp 5g
2	Applesauce, unsweetened Quantity: 1 cup 244g
2	Tarragon, ground Quantity: 1 Tbsp 5g
2	Legumes, great northern beans, cooked Quantity: 1 cup 177g
2	Legumes, red kidney beans, cooked Quantity: 1 cup 177g
2	Thyme, ground Quantity: 1 Tbsp
2	Mushrooms, white, whole Quantity: 1 cup 96g
2	Parsley Quantity: 1 Tbsp 2g
2	Rosemary, dried Quantity: 1 Tbsp 3g
2	Turmeric, ground Quantity: 1 Tbsp
2	Legumes, navy beans, cooked Quantity: 1 cup 182g
2	Dill weed, dried Quantity: 1 Tbsp
1	Caraway seed Quantity: 1 Tbsp 6g
1	Chicken, breast tenderloins boneless skinless Quantity: 112g
1	Pistachio nuts, raw Quantity: 49 nuts 28g
1	Black Pepper Quantity: 1 Tbsp 6g
1	Eggplant, cooked, boiled, drained, without salt Quantity: 1 cup 99g
1	Figs, raw Quantity: 1 large 64g
1	Basil, dried leaves Quantity: 1 Tbsp 2g
1	Celery, organic Quantity: medium stalk 40g
1	Fennel Seed Quantity: 1 Tbsp
1	Ginger root, raw Quantity: 1/4 cup sliced 24g
1	Milk, 1% fat organic Quantity: 1 cup 246g
1	Milk, fat free Quantity: 1 cup 246g
1	Mushrooms, portabella caps Quantity: 3 caps 100g
1	Turkey Sausage, lean, sweet Quantity: 1 link 91g