

Food Item 100 gram Serving	Cysteine	Methionine	Calories
Red Delicious Apples (Apples Raw Red Delicious With Skin)	1mg	1mg	59
Golden Delicious Apples (Apples Raw Golden Delicious With Skin)	1mg	1mg	57
Bosc Pear (Pears Raw Bosc)	1mg	2mg	67
Apples (Apples Raw With Skin)	1mg	1mg	52
Pears Canned In Syrup (Pears Canned Extra Heavy Syrup Pack Solids And Liquids)	2mg	2mg	97
Red Anjou Pears	1mg	2mg	62
Apples (Without Skin)(Apples Raw Without Skin)	1mg	1mg	48
Bartlett Pears (Pears Raw Bartlett)	2mg	2mg	63
Green Anjou Pear	2mg	3mg	66
Pears (Pears Raw)	2mg	2mg	57
Tangerines(Tangerines (Mandarin Oranges) Raw)	2mg	2mg	53
Orange Juice From Concentrate	2mg	2mg	49
Orange Juice With Added Calcium And Vitamin D	2mg	2mg	47
Orange Juice With Added Calcium	2mg	2mg	47
Dried Apples (Apples Dried Sulfured Uncooked)	12mg	9mg	243
Prunes (Dried Plums)(Plums Dried (Prunes) Uncooked)	11mg	16mg	240
Low-Moisture Dried Apricots (Apricots Dehydrated (Low-Moisture) Sulfured Uncooked)	16mg	24mg	320
Crabapples (Crabapples Raw)	5mg	4mg	76
Cranberries (Cranberries Raw)	3mg	3mg	46
Dried Pears (Pears Dried Sulfured Uncooked)	18mg	22mg	262
Dried Apricots (Apricots Dried Sulfured Uncooked)	19mg	15mg	241
Tangerine Juice	4mg	2mg	43
Lime Juice	2mg	2mg	25
Apricots (Apricots Raw)	3mg	6mg	48
Plums (Plums Raw)	2mg	8mg	46
Frozen Strawberries (Strawberries Frozen Unsweetened)	4mg	1mg	35
Breadfruit (Breadfruit Raw)	9mg	10mg	103
Canned Orange Juice (Orange Juice Canned Unsweetened)	5mg	3mg	47
Blueberries (Frozen)(Blueberries Frozen Unsweetened)	4mg	7mg	51
Bananas (Bananas Raw)	9mg	8mg	89
Orange Juice(Orange Juice Raw)	5mg	3mg	45
Watermelon (Watermelon Raw)	2mg	6mg	30
Feijoa (Feijoa Raw)	7mg	7mg	61
Loquats (Loquats Raw)	6mg	4mg	47
Nectarines (Nectarines Raw)	5mg	6mg	44
Mamey Sapote (Sapote Mamey Raw)	12mg	24mg	124
Asian Pears (Pears Asian Raw)	5mg	6mg	42
California Grapefruit (Grapefruit Raw Pink And Red California And Arizona)	5mg	5mg	37
Medjool Dates	46mg	17mg	277
Honeydew Melon (Melons Honeydew Raw)	5mg	5mg	36
Figs (Figs Raw)	12mg	6mg	74
Red Or Green Grapes (Grapes Red Or Green (European Type - Thompson Seedless) Raw)	10mg	9mg	69
Cantaloupe Melons (Melons Cantaloupe Raw)	2mg	12mg	34
Dried Figs (Figs Dried Uncooked)	36mg	34mg	249
Strawberries (Strawberries Raw)	6mg	2mg	32
Fuyu Persimmon (Persimmons Japanese Raw)	13mg	5mg	70
Cherries (Sweet)(Cherries Sweet Raw)	10mg	10mg	63
Blueberries (Blueberries Raw)	8mg	12mg	57
Cherimoya (Cherimoya Raw)	10mg	21mg	75
California Avocados(Avocados Raw California)	27mg	37mg	167
Pink Grapefruit(Grapefruit Raw Pink And Red All Areas)	8mg	7mg	42
Grapefruit(Grapefruit Raw Pink And Red And White All Areas)	6mg	6mg	32
White Florida Grapefruit(Grapefruit Raw White Florida)	6mg	6mg	32
Avocados(Avocados Raw All Commercial Varieties)	27mg	38mg	160
Dried Peaches(Peaches Dried Sulfured Uncooked)	29mg	87mg	239
Florida Grapefruit(Grapefruit Raw Pink And Red Florida)	6mg	5mg	30
Dried Peaches (Low-Moisture)(Peaches Dehydrated (Low-Moisture) Sulfured Uncooked)	40mg	118mg	325
Dried Bananas(Bananas Dehydrated Or Banana Powder)	63mg	74mg	346

Dates (Deglet Noor)	67mg	22mg	282
Grapes (Grapes American Type (Slip Skin) Raw)	10mg	21mg	67
Navel Oranges (Oranges Raw Navels)	12mg	9mg	49
Florida Oranges(Oranges Raw Florida)	7mg	15mg	46
Elderberries(Elderberries Raw)	15mg	14mg	73
White Grapefruit(Grapefruit Raw White All Areas)	7mg	7mg	33
Jackfruit(Jackfruit Raw)	17mg	34mg	95
White California Grapefruit(Grapefruit Raw White California)	9mg	8mg	37
Pineapple(Pineapple Raw All Varieties)	14mg	12mg	50
Oranges(Oranges Raw All Commercial Varieties)	10mg	20mg	47
Florida Avocados(Avocados Raw Florida)	31mg	42mg	120
California Valencia Oranges(Oranges Raw California Valencias)	11mg	22mg	49
Yellow Peaches(Peaches Yellow Raw)	12mg	10mg	39
Goji Berries Dried	144mg	87mg	349
Kiwifruit (Kiwifruit Green Raw)	31mg	24mg	61