Nutritional Oncology Research Institute - CYS/MET/CAL Chart

Low Sodium Sweet Pickles (Pickles Cucumber Sweet Low Sodium (Includes Bread And Butter Pickles))2mg3mg122Sweet Pickled Relish (Pickle Relish Sweet)3mg4mg130Ketchup5mg5mg101Low Sodium Ketchup (Catsup Low Sodium)5mg5mg101Cooked Taro (Taro Cooked Without Salt)11mg7mg142Sauteed Green Bell Peppers (Peppers Sweet Green Sauteed)11mg7mg116Onions (Onions Raw)4mg2mg40Cooked Burdock Root (Burdock Root Cooked Boiled Drained Without Salt)8mg12mg88Sweet Pickled Cucumbers (Pickles Cucumber Sweet (Includes Bread And Butter Pickles))10mg10mg91Ginger (Ginger Root Raw)2mg13mg80Red Bell Peppers (Cooked)(Peppers Sweet Red Sauteed)20mg6mg133	Nutritional Oncology Research Institute - CYS/IVIET/ Food Item 100 gram Serving Size	CAL CHAIL		
Sease Pickeld Arellath (Fische Reibh Sweet)		2mg	3mg	122
Incidence Single	· · · · · · · · · · · · · · · · · · ·		~	130
Cocked Prior (Tem Criver Coview Without Salt) 18mg 7mg 7mg 18mg 7mg 7mg 18mg 7mg	· · · · · · · · · · · · · · · · · · ·		~	101
Sautherd Grein Bell Pappers (Pappers Sweet Green Sauthers)				101
Onionic Chaines Raw Concess Barbon Raw 2mg 2mg 2mg 2mg 2mg 2mg 88		11mg	7mg	142
Scaled Furtheck Rout (Furtheck Rout Content Rolled Durined Without Sairy 10mg 10	Sauteed Green Bell Peppers (Peppers Sweet Green Sauteed)	11mg	7mg	116
Sevent Picklard Cucumburs (Pickles Cucumburs Sevent (Includes Broad And Butter Pickles) 10mg 1	Onions (Onions Raw)	4mg	2mg	40
Singer (Gingur Rook Raw) 2mg 53mg 80 80 80 80 80 80 80 8	Cooked Burdock Root (Burdock Root Cooked Boiled Drained Without Salt)	8mg	12mg	88
Rent Fiel Pergress (Contest) (Pergress Several Rest Saulenter)	Sweet Pickled Cucumbers (Pickles Cucumber Sweet (Includes Bread And Butter Pickles))	10mg	10mg	91
Cassava (Cassava Raw) 11mg 505	Ginger (Ginger Root Raw)	2mg	13mg	80
Pickled Beets (Reiest Pickled Carmed Solids And Liquids)	Red Bell Peppers (Cooked)(Peppers Sweet Red Sauteed)	20mg	6mg	133
Cooked Spapiant (Egoplant Cooked Boiled Drained Without Salt) 18mg 20mg 15t	·			160
Scoled Varm Yam Cooxed Boiled Drained Or Based Without Salty 3ng 20ng 348 Songhett Sousesh (Squash Winter Spaghett Raw) 5ng 7ng 3ng 2ng	· · ·			
Camade Pumpkin (Pumpkin Chunghi Chun	,			
Spaghets Squash (Squash Winter Spaghets (Raw) 2ng	· · · · · · · · · · · · · · · · · · ·		•	
Cooked Pumpkin (Pumpkin Cooked Boiled Prained Without Salt)				
Baby Carrots Edinor Raw Amy 7mg 6mg 35			~	
Cooked Azom Squash (Squash Winter Acom Cooked Boiled Mashed Without Salt) 6mg 8mg 3.4 Azom Squash (Squash Winter Acom Cooked Baked Without Salt) 10mg 14mg 56 Baked Azom Squash (Squash Winter Acom Cooked Baked Without Salt) 10mg 11mg 56 Low Door By Chickle Scills Hot Doop 15mg 15mg 15mg 7mg 27 Cooked Spaghett Squash (Squash Winter Spaghett Cooked Boiled Drained Without Salt) 2mg 3mg 11 Sour Pickled Cucumber (Fickles Cucumber Sour) 2mg 3mg 11 Sour Pickled Cucumber (Fickles Cucumber Sour) 2mg 3mg 11 Cooked Surker (Squash Winter Buttermut Cooked Baked Without Salt) 9mg 12mg 4mg Buttermut Squash (Squash Winter Buttermut Cooked Baked Without Salt) 8mg 11mg 4mg Cooked Winter Squash (Squash Winter Buttermut Cooked Baked Without Salt) 8mg 11mg 2mg Cooked Winter Squash (Squash Winter All Variettes Cooked Baked Without Salt) 8mg 11mg 2mg Cooked Winter Squash (Squash Winter Squash Squash Winter Squash Squash Squash Winter Squash Squ			~	
Acom Sausah (Squash Winter Acom Raw) 7mg 10mg 44mg 56 Baske Acom Saushi (Squash Winter Acom Cooked Baked Without Sait) 10mg 14mg 56 Hot Dog Raish (Fickle Relish Hot Dog) 2mg 3mg 7mg 9mg Low Sodium Sour Pickles (Fickles Cucumber Sour Low Sodium) 2mg 3mg 11 Cooked Sapaghet Cucumber (Fickles Cucumber Sour) 2mg 3mg 11 Cooked Lotrus Root (Cours Root Cooked Balled Drained Without Sait) 14mg 14mg 8mg 11mg 24mg Cooked Butternut Squash (Squash Winter Butternut Cooked Baked Without Sait) 8mg 11mg 24mg 3mg 11mg 4mg 6mg 11mg 4mg 4mg 12mg 3mg 11mg 4mg 10mg 3mg 11mg 2mg 5mg 11mg 2mg 3mg 11mg 4mg 10mg 4mg 10mg 4mg 10mg 4mg 10mg 4mg			_	
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Hart Dog Relish (Pickle Relish Hart Dog)			•	
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Sour Pickled Cucumber (Pickles Cucumber Sour) 2mg 3mg 11				
Cooked Dutus Root (Lotus Root Cooked Boiled Drained Without Salt) 14mg 14	· · · · · · · · · · · · · · · · · · ·	•	_	
Butternut Squash (Squash Winter Butternut Raw)	· · · · · · · · · · · · · · · · · · ·			
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Cocked Hawaiian Mountain Yam (Mountain Yam Hawaii Cocked Steamed Without Salt) Boiled Sweet Potatoes (Sweet Potato Cocked Boiled Without Skin) Sweet Potatoes (Sweet Potatoe Raw Unperpared) Sweet Potatoes (Sweet Potatoe Raw Unperpared) Sweet Onions (Onions Sweet Raw) Sweet Potatoes (Sweet Raw) Sang Smg Smg Smg Smg Smg Smg Smg S				
Boiled Sweet Potatos (Sweet Potato Cooked Boiled Without Skin) 19mg 25mg 86 Sweet Potatos (Sweet Potatos Raw Unprepared) 22mg 29mg 86 80met Onions (Onions Sweet Raw) 9mg 9mg 32 32mg 35mg 31mg 32 32mg 35mg 31mg 32 32mg 35mg 31mg 33mg 32mg				
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Baked Potatoes (Potatoes White Flesh And Skin Baked) 25mg 32mg 92 Oriental Radishes (Radishes Oriental Raw) 5mg 6mg 18 Boiled Potatoes (Potatoes Boiled Cooked In Skin Flesh Without Salt) 24mg 30mg 87 Eggplant (Eggplant Raw) 6mg 11mg 25 Lotus Root (Lotus Root Raw) 22mg 27mg 74 Cucumber (Cucumber With Peel Raw) 4mg 6mg 15 Celery (Celery Raw) 4mg 5mg 7mg 14 Cooked Kohirabi (Kohirabi Cooked Boiled Drained Without Salt) 5mg 7mg 18 Cooked Kohirabi (Kohirabi Kadishes Oriental Cooked Boiled Drained Without Salt) 5mg 6mg 17 Kohirabi (Kohirabi Raw) 7mg 13mg 27 Baked Red Potatoes (Potatoes Red Flesh And Skin Baked) 27mg 35mg 87 Baked Potatoes (Sweet Potatoe Cooked Baked In Skin Flesh Without Salt) 28mg 37mg 90 Baked Potatoes (Weet Potatoe Cooked Baked In Skin Baked) 31mg 41mg 95 Baked Russet Potatoes (Sweet Potatoe Cooked Baked In Skin Flesh Without Salt) 2	· · · · · · · · · · · · · · · · · · ·	25mg	31mg	93
Oriental Radishes (Radishes Oriental Raw) 5mg 6mg 18 Boiled Potatoes (Potatoes Boiled Cooked In Skin Flesh Without Salt) 24mg 30mg 87 Egplant (Egplant Raw) 6mg 11mg 25 Lotus Root (Lotus Root Raw) 22mg 22mg 22mg 74 Cucumber (Cucumber With Peel Raw) 4mg 6mg 15 Celery (Celery Raw) 4mg 5mg 7mg 14 Cooked Celery (Celery Cooked Boiled Drained Without Salt) 5mg 7mg 14mg 29 Cooked Oriental Radishes (Radishes Oriental Cooked Boiled Drained Without Salt) 5mg 6mg 17 Kohlrabi (Kohlrabi Raw) 7mg 13mg 27 Baked Red Potatoes (Potatoes Red Flesh And Skin Baked) 27mg 35mg 87 Baked Potatoes (With Skin)(Potatoes Baked Flesh And Skin Without Salt) 29mg 38mg 93 Baked Potatoes (With Skin)(Potatoes Baked Flesh And Skin Baked) 27mg 35mg 90 Stewed Tonatoes 29mg 38mg 93 31mg 4mg 5mg 11mg 90		13mg	18mg	50
Boiled Potatoes (Potatoes Boiled Cooked In Skin Flesh Without Salt) 24mg 30mg 87 Eggplant (Eggplant Raw) 6mg 11mg 25 Lotus Root (Lotus Root Raw) 22mg 22mg 74 Cucumber (Cucumber With Peel Raw) 4mg 6mg 15 Celery (Celery Raw) 4mg 5mg 14 Cooked Celery (Celery Cooked Boiled Drained Without Salt) 5mg 7mg 18 Cooked Kohlrabi (Kohlrabi Cooked Boiled Drained Without Salt) 7mg 14mg 29 Cooked Oriental Radishes (Radishes Oriental Cooked Boiled Drained Without Salt) 5mg 6mg 17 Kohlrabi (Kohlrabi Cooked Boiled Drained Without Salt) 5mg 6mg 17 Kohlrabi (Kohlrabi Cooked Boiled Drained Without Salt) 5mg 6mg 17 Kohlrabi (Kohlrabi Raw) 7mg 13mg 27 Baked Red Potatoes (Potatoes Red Flesh And Skin Baked) 27mg 35mg 87 Baked Potatoes (Potatoes Red Flesh And Skin Baked) 29mg 38mg 93 Baked Sweet Potatoes (Sweet Potato Cooked Baked In Skin Flesh Without Salt) 28mg 37mg 90 Stewed Tomatoes 29mg 24mg 79 Baked Russet Potatoes (Potatoes Russet Flesh And Skin Baked) 31mg 41mg 95 Baked Russet Potatoes (Potatoes Russet Flesh And Skin Baked) 31mg 41mg 95 Dill Pickles (Pickles Cucumber Dill Or Kosher Dill) 4mg 5mg 12 Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) 4mg 5mg 12 Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) 5mg 5mg 14 Leeks (Leeks (Bulb And Lower Leaf-Portion) Raw) 5mg 5mg 14 Leeks (Leeks (Bulb And Lower Leaf-Portion) Raw) 5mg 5mg 14 Leeks (Leeks (Bulb And Lower Leaf-Portion) Cooked Boiled Drained Without Salt) 27mg 69mg 97 Cooked Yellow Sweet Corn (Corn Sweet White Cooked Boiled Drained Without Salt) 14mg 10mg 31 Conhed Kelsk (Leeks (Bulb And Lower Leaf-Portion) Cooked Boiled Drained Without Salt) 14mg 10mg 31 Conhed Leeks (Leeks (Bulb And Lower Leaf-Portion) Cooked Boiled Drained Without Salt) 14mg 10mg 31 Cooked Leeks (Leeks (Bulb And Lower Leaf-Portion) Cooked Boiled Drained Without Salt) 14mg 10mg 31 Cooked Leeks (Leeks (Bulb And Lower Leaf-Portion) Cooked Boiled Drained Without Salt) 14mg 10mg 31 SauerKraut (SauerKraut Canned Solids And Liquids) 8mg 9mg 19 SauerKraut (SauerKraut Canned Soli	Baked Potatoes (Potatoes White Flesh And Skin Baked)	25mg	32mg	92
Eggplant (Eggplant Raw) 6mg 11mg 25 Lotus Root (Lotus Root Raw) 22mg 22mg 74 Cucumber (Cucumber With Peel Raw) 4mg 6mg 15 Celery (Celery Raw) 4mg 5mg 14 Cooked Celery (Celery Cooked Boiled Drained Without Salt) 5mg 7mg 18 Cooked Kohlrabi (Kohlrabi Cooked Boiled Drained Without Salt) 5mg 6mg 17 Cooked Oriental Radishes (Radishes Oriental Cooked Boiled Drained Without Salt) 5mg 6mg 17 Kohlrabi (Kohlrabi Raw) 5mg 14 Kohlrabi (Kohlrabi Raw) 7mg 13mg 27 Baked Red Potatoes (Potatoes Red Flesh And Skin Baked) 27mg 35mg 87 Baked Red Potatoes (With Skini/Polatoes Baked Flesh And Skin Without Salt) 29mg 38mg 93 Baked Sweet Potatoes (Sweet Potatoe Cooked Baked In Skin Flesh Without Salt) 28mg 37mg 90 Stewed Tomatoes 92mg 24mg 79 Baked Rodses (Potatoes Russet Flesh And Skin Baked) 31mg 41mg 95 Dill Pickles (Pickles Cucumber Dill Or Kosher Dill) 4mg 5mg 12 Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) 4mg 5mg 12 Ceberg Lettuce (Lettuce Leeberg (Includes Crisphead Types) Raw) 5mg 5mg 14 Leeks (Leeks (Bulb And Lower Leaf-Portion) Raw) 5mg 5mg 14 Leeks (Leeks (Bulb And Lower Leaf-Portion) Raw) 27mg 69mg 97 Cooked Sweet White Corn (Corn Sweet White Cooked Boiled Drained Without Salt) 27mg 69mg 97 Cooked Yellow Sweet Corn (Corn Sweet White Cooked Boiled Drained Without Salt) 14mg 10mg 31 Canned Mushrooms (Mushrooms Canned Drained Solids) 7mg 19mg 25 Winter Squash (Squash Winter All Varieties Raw) 13mg 18mg 34 Beets (Raw)(Beets Raw) 13mg 18mg 34 Beets (Raw)(Beets Raw) 19mg 18mg 34 Beets (Raw)(Beets Raw) 9mg 19 Sauerkraut (Sauerkraut Canned Solids And Liquids) 8mg 9mg 19 Fellow Sweet Corn (Corn Sweet White Raw) 26mg 67mg 86 Sweet White Corn (Corn Sweet White Raw) 26mg 67mg 86	Oriental Radishes (Radishes Oriental Raw)	5mg	6mg	18
Lotus Root (Lotus Root Raw) Cucumber (Cucumber With Peel Raw) Amg 6mg 15 Celery (Celery Raw) Cooked Celery (Celery Cooked Boiled Drained Without Salt) Cooked Celery (Celery Cooked Boiled Drained Without Salt) Cooked Celery (Celery Cooked Boiled Drained Without Salt) Cooked Kohlrabi (Kohlrabi Cooked Boiled Drained Without Salt) Cooked Oriental Radishes (Radishes Oriental Cooked Boiled Drained Without Salt) Tomg 14mg 29 Cooked Oriental Radishes (Radishes Oriental Cooked Boiled Drained Without Salt) Smg 6mg 17 Kohlrabi (Kohlrabi Raw) Faked Potatoes (Potatoes Red Flesh And Skin Baked) Baked Red Potatoes (Potatoes Red Flesh And Skin Baked) Baked Sweet Potatoes (With Skin)(Potatoes Baked Flesh And Skin Without Salt) Stewed Tomatoes Stewed Tomatoes Stewed Tomatoes Cyamg 37mg 90 Stewed Tomatoes Stewed Tomatoes Polit Pickles (Pickles Cucumber Dill Or Kosher Dill) Amg 5mg 12 Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Leeks (Leeks (Bulb And Lower Leaf-Portion) Raw) Cooked Yellow Sweet Corn (Corn Sweet White Cooked Boiled Drained Without Salt) Cooked Yellow Sweet Corn (Corn Sweet Yellow Cooked Boiled Drained Without Salt) Tomatomatoma 12mg 14mg 31 Cooked Yellow Sweet Corn (Corn Sweet Yellow Cooked Boiled Drained Without Salt) Tomatoma 12mg 14mg 31 Cooked Leeks (Bulb And Lower Leaf-Portion) Cooked Boiled Drained Without Salt) Tomatoma 12mg 14mg 31 Cooked Leeks (Bulb And Lower Leaf-Portion) Cooked Boiled Drained Without Salt) Tomatoma 13mg 18mg 34 Beets (Raw)(Beets Raw) Tomatoma 13mg 18mg 34 Beets (Raw)(Beets Raw) Sauerkraut (Sauerkraut Canned Solids And Liquids) Beets (Raw)(Beets Raw) Seweet White Corn (Corn Sweet White Raw)	Boiled Potatoes (Potatoes Boiled Cooked In Skin Flesh Without Salt)	24mg	30mg	87
Cucumber (Cucumber With Peel Raw)4mg6mg15Celery (Celery Raw)4mg5mg14Cooked Celery (Celery Cooked Boiled Drained Without Salt)5mg7mg18Cooked Kohlrabi (Kohlrabi Cooked Boiled Drained Without Salt)7mg14mg29Cooked Oriental Radishes (Radishes Oriental Cooked Boiled Drained Without Salt)5mg6mg17Kohlrabi (Kohlrabi Saw)7mg13mg27Baked Red Potatoes (Potatoes Red Flesh And Skin Baked)27mg35mg87Baked Potatoes (With Skin)(Potatoes Baked Flesh And Skin Without Salt)29mg38mg93Baked Potatoes (With Skin)(Potatoes Baked Flesh And Skin Baked)29mg34mg79Baked Sweet Potatoes (Sweet Potatoes Cooked Baked In Skin Flesh Without Salt)28mg37mg90Stewed Tomatoes29mg24mg79Baked Russet Potatoes (Potatoes Russet Flesh And Skin Baked)31mg41mg95Dill Pickles (Pickles Cucumber Dill)4mg5mg12Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium)4mg5mg12Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium)4mg5mg12Leeks (Leeks (Bulb And Lower Leaf-Portion) Raw)5mg5mg14Leeks (Leeks (Bulb And Lower Leaf-Portion) Raw)25mg69mg97Cooked Sweet White Corn (Corn Sweet White Cooked Boiled Drained Without Salt)27mg69mg96Red Cabbage (Cabbage Red Raw)12mg14mg10mg31Conked Leek	Eggplant (Eggplant Raw)	6mg	11mg	25
Celery (Celery Raw) Cooked Celery (Celery Cooked Boiled Drained Without Salt) Cooked Celery (Celery Cooked Boiled Drained Without Salt) Cooked Kohlrabi (Kohlrabi Cooked Boiled Drained Without Salt) Cooked Oriental Radishes (Radishes Oriental Cooked Boiled Drained Without Salt) Smg 6mg 17 Kohlrabi (Kohlrabi Raw) Baked Red Potatoes (Potatoes Red Flesh And Skin Baked) Baked Potatoes (Potatoes Red Flesh And Skin Baked) 27mg 35mg 87 Baked Potatoes (With Skin)(Potatoes Baked Flesh And Skin Without Salt) Baked Sweet Potatoes (Sweet Potato Cooked Baked In Skin Flesh Without Salt) 28mg 37mg 90 Stewed Tomatoes 29mg 24mg 79 Baked Russet Potatoes (Potatoes Russet Flesh And Skin Baked) 31mg 41mg 95 Dill Pickles (Pickles Cucumber Dill Or Kosher Dill) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) 4mg 5mg 12 Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) 4mg 5mg 12 Iceberg Lettuce (Lettuce Iceberg (Includes Crisphead Types) Raw) 5mg 5mg 14 Leeks (Bulb And Lower Leaf-Portion) Raw) Cooked Sweet White Corn (Corn Sweet White Cooked Boiled Drained Without Salt) 27mg 69mg 96 Red Cabbage (Cabbage Red Raw) 12mg 14mg 13mg 14mg 13mg 14mg 31 Cooked Leeks (Bulb And Lower Leaf-Portion) Cooked Boiled Drained Without Salt) 27mg 69mg 96 Red Cabbage (Cabbage Red Raw) 12mg 14mg 13mg 14mg 13mg 14mg 31 Conhed Sweet White Corn (Corn Sweet Yellow Cooked Boiled Drained Without Salt) 27mg 69mg 96 Red Cabbage (Cabbage Red Raw) 12mg 14mg 13mg 18mg 34 Beets (Raw)(Beets Raw) 3mg 18mg 43 Sauerkraut (Sauash Winter All Varieties Raw) 3mg 18mg 43 Sauerkraut (Sauerkraut Canned Solids And Liquids) 8mg 9mg 19 19 19 26mg 67mg 68 67mg 68 68 68 69 69 67mg	Lotus Root (Lotus Root Raw)	22mg	22mg	74
Cooked Celery (Celery Cooked Boiled Drained Without Salt) Cooked Kohlrabi (Kohlrabi Cooked Boiled Drained Without Salt) Cooked Kohlrabi (Kohlrabi Cooked Boiled Drained Without Salt) Cooked Oriental Radishes (Radishes Oriental Cooked Boiled Drained Without Salt) Simp 6mg 17 Kohlrabi (Kohlrabi Raw) Saked Red Potatoes (Potatoes Red Flesh And Skin Baked) 27mg 35mg 87 Baked Red Potatoes (Potatoes Red Flesh And Skin Baked) 27mg 35mg 87 Baked Potatoes (With Skin)(Potatoes Baked Flesh And Skin Without Salt) 29mg 38mg 93 Baked Sweet Potatoes (Sweet Potato Cooked Baked In Skin Flesh Without Salt) 28mg 37mg 90 Stewed Tomatoes 29mg 24mg 79 Baked Russet Potatoes (Potatoes Russet Flesh And Skin Baked) 31mg 41mg 95 Baked Russet Potatoes (Potatoes Russet Flesh And Skin Baked) 31mg 44mg 5mg 12 Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) 4mg 5mg 12 Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) 4mg 5mg 12 Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) 5mg 5mg 14 Leeks (Leeks (Bulb And Lower Leaf-Portion) Raw) 5mg 69mg 97 Cooked Sweet White Corn (Corn Sweet White Cooked Boiled Drained Without Salt) 27mg 69mg 97 Cooked Sweet White Corn (Corn Sweet White Cooked Boiled Drained Without Salt) 27mg 69mg 96 Red Cabbage (Cabbage Red Raw) 5mg 14mg 31 Conned Mushrooms (Mushrooms Canned Drained Solids) 7mg 19mg 25 Winter Squash (Squash Winter All Varieties Raw) 8mg 9mg 19 Winter Squash (Squash Winter All Varieties Raw) 8mg 9mg 19 Suerkraut (Sauerkraut Canned Solids And Liquids) 8mg 9mg 19 Fellow Sweet Corn (Corn Sweet Yellow Raw) 26mg 67mg 86 Sweet White Corn (Corn Sweet White Raw) 26mg 67mg 86	Cucumber (Cucumber With Peel Raw)	4mg	6mg	15
Cooked Kohlrabi (Kohlrabi Cooked Boiled Drained Without Salt) Cooked Oriental Radishes (Radishes Oriental Cooked Boiled Drained Without Salt) Smg 6mg 17 Kohlrabi (Kohlrabi Raw) Baked Potatoes (Potatoes Red Flesh And Skin Baked) Baked Potatoes (With Skin)(Potatoes Baked Fiesh And Skin Without Salt) Baked Potatoes (With Skin)(Potatoes Baked Fiesh And Skin Without Salt) Baked Potatoes (Sweet Potatoes (Bweet Potato Cooked Baked In Skin Flesh Without Salt) Baked Sweet Potatoes (Sweet Potatoes Russet Flesh And Skin Baked) Stewed Tomatoes Baked Russet Potatoes (Potatoes Russet Flesh And Skin Baked) Stewed Tomatoes Baked Russet Potatoes (Potatoes Russet Flesh And Skin Baked) Sill Pickles (Pickles Cucumber Dill Or Kosher Dill) Admg 5mg 12 Iceberg Lettuce (Lettuce Iceberg (Includes Crisphead Types) Raw) Leeks (Leeks (Bulb And Lower Leaf-Portion) Raw) Cooked Sweet White Corn (Corn Sweet White Cooked Boiled Drained Without Salt) Cooked Sweet White Corn (Corn Sweet Yellow Cooked Boiled Drained Without Salt) Cooked Sweet White Corn (Corn Sweet Yellow Cooked Boiled Drained Without Salt) Cooked Leeks (Leeks (Bulb And Lower Leaf-Portion) Cooked Boiled Drained Without Salt) Cooked Leeks (Leeks (Bulb And Lower Leaf-Portion) Cooked Boiled Drained Without Salt) Cooked Leeks (Leeks (Bulb And Lower Leaf-Portion) Cooked Boiled Drained Without Salt) Cooked Leeks (Leeks (Bulb And Lower Leaf-Portion) Cooked Boiled Drained Without Salt) Cooked Leeks (Leeks (Bulb And Lower Leaf-Portion) Cooked Boiled Drained Without Salt) Cooked Leeks (Leeks (Bulb And Lower Leaf-Portion) Cooked Boiled Drained Without Salt) Surnamed Mushrooms (Mushrooms Canned Drained Solids) Tomp 19mg 25 Winter Squash (Squash Winter All Varieties Raw) Beets (Raw)(Beets Raw) Suerkraut (Sauerkraut Canned Solids And Liquids) Sweet White Corn (Corn Sweet Yellow Raw) Seets White Corn (Corn Sweet Yellow Raw) Seets White Corn (Corn Sweet White Raw)	Celery (Celery Raw)	4mg	5mg	14
Cooked Oriental Radishes (Radishes Oriental Cooked Boiled Drained Without Salt) Smg 6mg 17 Kohlrabi (Kohlrabi Raw) Baked Red Potatoes (Potatoes Red Flesh And Skin Baked) Baked Potatoes (With Skin)(Potatoes Baked Flesh And Skin Without Salt) Baked Sweet Potatoes (Sweet Potatoe Cooked Baked In Skin Flesh Without Salt) Stewed Tomatoes Stewed Tomatoes Baked Russet Potatoes (Potatoes Russet Flesh And Skin Baked) Stewed Tomatoes Baked Russet Potatoes (Potatoes Russet Flesh And Skin Flesh Without Salt) Baked Sweet Potatoes (Potatoes Russet Flesh And Skin Baked) Stewed Tomatoes Baked Russet Potatoes (Potatoes Russet Flesh And Skin Baked) Stewed Tomatoes Baked Russet Potatoes (Potatoes Russet Flesh And Skin Baked) Stewed Tomatoes Baked Russet Potatoes (Potatoes Russet Flesh And Skin Baked) Stewed Tomatoes Baked Russet Potatoes (Potatoes Russet Flesh And Skin Baked) Stewed Tomatoes Baked Russet Potatoes (Potatoes Russet Flesh And Skin Baked) Stewed Tomatoes Baked Russet Potatoes (Potatoes Russet Flesh And Skin Baked) Stewed Tomatoes Stewed Tomato	Cooked Celery (Celery Cooked Boiled Drained Without Salt)	5mg	7mg	18
Kohlrabi (Kohlrabi Raw) Baked Red Potatoes (Potatoes Red Flesh And Skin Baked) Baked Red Potatoes (With Skin)(Potatoes Baked Flesh And Skin Without Salt) Baked Sweet Potatoes (Sweet Potato Cooked Baked In Skin Flesh Without Salt) Baked Tomatoes Baked Tomatoes Baked Tomatoes Baked Russet Potatoes (Potatoes Russet Flesh And Skin Baked) Dill Pickles (Pickles Cucumber Dill Or Kosher Dill) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Amg 5mg 12 Iceberg Lettuce (Lettuce Iceberg (Includes Crisphead Types) Raw) Somet White Corn (Corn Sweet White Cooked Boiled Drained Without Salt) Tomage 5mg 18mg 19mg 25 Winter Squash (Salush And Lower Leaf-Portion) Cooked Boiled Drained Without Salt) Tomage 19mg 19mg 25 Winter Squash (Squash Winter All Varieties Raw) Sauerkraut (Sauerkraut Canned Solids And Liquids) Reets (Raw)(Beets Raw) Sauerkraut (Sauerkraut Canned Solids And Liquids) Reduced Sodium Dill Pickles Raw) Sauerkraut (Sauerkraut Canned Solids And Liquids) Reduced Sodium Dill Pickles Reduced Solids And Liquids) Reduced Sodium Dill Pickles Reduced Sodium And Liquids) Reduced S	Cooked Kohlrabi (Kohlrabi Cooked Boiled Drained Without Salt)	7mg	14mg	29
Baked Red Potatoes (Potatoes Red Flesh And Skin Baked) Baked Potatoes (With Skin)(Potatoes Baked Flesh And Skin Without Salt) Baked Potatoes (With Skin)(Potatoes Baked Flesh And Skin Without Salt) Baked Sweet Potatoes (Sweet Potato Cooked Baked In Skin Flesh Without Salt) Stewed Tomatoes Sewed Tomatoes Baked Russet Potatoes (Potatoes Russet Flesh And Skin Baked) Slill Pickles (Pickles Cucumber Dill Or Kosher Dill) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) Reduced Sodium Dill Pickles (Pickles Reduced Sodium) Reduced Sodium Dill Reduced Sodium Name Dill Reduced Sodium Name Dill Reduced Sodium Name Dill Reduced Sodium Name Dill Reduced Sodium Nam	Cooked Oriental Radishes (Radishes Oriental Cooked Boiled Drained Without Salt)	5mg	6mg	17
Baked Potatoes (With Skin)(Potatoes Baked Flesh And Skin Without Salt)29mg38mg93Baked Sweet Potatoes (Sweet Potatoes (Sweet Potatoes (Sweet Potatoes (Sweet Potatoes (Sweet Potatoes (Sweet Potatoes (Potatoes Russet Flesh And Skin Baked)28mg37mg90Stewed Tomatoes29mg24mg79Baked Russet Potatoes (Potatoes Russet Flesh And Skin Baked)31mg41mg95Dill Pickles (Pickles Cucumber Dill Or Kosher Dill)4mg5mg12Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium)4mg5mg12Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium)5mg5mg14Leeks (Leeks (Bulb And Lower Leaf-Portion) Raw)25mg18mg61Cooked Sweet White Corn (Corn Sweet White Cooked Boiled Drained Without Salt)27mg69mg97Cooked Yellow Sweet Corn (Corn Sweet Yellow Cooked Boiled Drained Without Salt)27mg69mg96Red Cabbage (Cabbage Red Raw)12mg14mg31Cooked Leeks (Leeks (Bulb And Lower Leaf-Portion) Cooked Boiled Drained Without Salt)14mg10mg31Canned Mushrooms (Mushrooms Canned Drained Solids)7mg19mg25Winter Squash (Squash Winter All Varieties Raw)13mg18mg34Sauerkraut (Sauerkraut Canned Solids And Liquids)8mg9mg19Yellow Sweet Corn (Corn Sweet Yellow Raw)26mg67mg86Sweet White Corn (Corn Sweet White Raw)26mg67mg86	Kohlrabi (Kohlrabi Raw)	7mg	13mg	
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Stewed Tomatoes 29mg 24mg 79 Baked Russet Potatoes (Potatoes Russet Flesh And Skin Baked) 31mg 41mg 95 Dill Pickles (Pickles Cucumber Dill Or Kosher Dill) 4mg 5mg 12 Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium) 4mg 5mg 12 Iceberg Lettuce (Lettuce Iceberg (Includes Crisphead Types) Raw) 5mg 5mg 14 Leeks (Leeks (Bulb And Lower Leaf-Portion) Raw) 25mg 18mg 61 Cooked Sweet White Corn (Corn Sweet White Cooked Boiled Drained Without Salt) 27mg 69mg 97 Cooked Yellow Sweet Corn (Corn Sweet Yellow Cooked Boiled Drained Without Salt) 27mg 69mg 96 Red Cabbage (Cabbage Red Raw) 12mg 14mg 31 Cooked Leeks (Bulb And Lower Leaf-Portion) Cooked Boiled Drained Without Salt) 14mg 10mg 31 Conked Leeks (Bulb And Lower Leaf-Portion) Cooked Boiled Drained Without Salt) 14mg 19mg 31 Winter Squash (Squash Winter All Varieties Raw) 13mg 18mg 34 Beets (Raw)(Beets Raw) 19mg 18mg 43 Sauerkraut (Sauerkraut Canned Solids And Liquids) 8mg 9mg 19 Yellow Sweet Corn (Corn Sweet Yellow Raw) 26mg 67mg 86 Sweet White Corn (Corn Sweet White Raw) 26mg 67mg 86	· · · · · · · · · · · · · · · · · · ·		•	
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Cooked beets (beets Cooked Boiled Drained) 19mg 44	·			
	Cooked beets (beets Cooked bolled Drained)	Zung	remg	44

Cabbage (Cabbage Raw)			
	11mg	12mg	25
Cooked White Button Mushrooms (Mushrooms White Cooked Boiled Drained Without Salt)	9mg	22mg	28
Tomatoes (Tomatoes Red Ripe Raw Year Round Average)	9mg	6mg	18
Garlic (Garlic Raw)	65mg	76mg	149
Cooked Red Cabbage (Cabbage Red Cooked Boiled Drained Without Salt)	13mg	14mg	29
Cooked Onions (Onions Cooked Boiled Drained Without Salt)	24mg	11mg	44
Hungarian Peppers (Peppers Hungarian Raw)	15mg	10mg	29
Cooked Shiitake Mushrooms (Mushrooms Shiitake Cooked Without Salt)	27mg	25mg	56
Hubbard Squash (Squash Winter Hubbard Raw)	17mg	25mg	40
Cooked Cabbage (Cabbage Cooked Boiled Drained Without Salt)	11mg	12mg	23
Canned Tomato Paste (Tomato Products Canned Paste Without Salt Added)	46mg	27mg	82
· · · · · · · · · · · · · · · · · · ·	6mg	15mg	17
Romaine Lettuce (Lettuce Cos Or Romaine Raw)	•	•	
Cooked Zucchini (Squash Summer Zucchini Includes Skin Cooked Boiled Drained Without Salt)	7mg	9mg	15
Brussels Sprouts (Cooked)(Brussels Sprouts Cooked Boiled Drained Without Salt)	16mg	24mg	36
Succotash (Succotash (Corn And Limas) Cooked Boiled Drained Without Salt)	55mg	68mg	115
Green Bell Peppers (Peppers Sweet Green Raw)	12mg	7mg	20
Cooked Okra (Previously Frozen)(Okra Frozen Cooked Boiled Drained Without Salt)	15mg	17mg	29
Cooked Green Beans (Previously Frozen)(Beans Snap Green Frozen Cooked Boiled Drained Without Salt)	14mg	18mg	28
Cooked Summer Squash (Squash Summer All Varieties Cooked Boiled Drained Without Salt)	10mg	13mg	20
Cooked Green Peas (Salted)(Peas Green Cooked Boiled Drained With Salt)	32mg	81mg	84
Cooked Green Peas (Peas Green Cooked Boiled Drained Without Salt)	32mg	81mg	84
Cooked Yellow Snap Beans (Beans Snap Yellow Cooked Boiled Drained Without Salt)	18mg	23mg	35
Cooked Green Beans (Snap Beans)(Beans Snap Green Cooked Boiled Drained Without Salt)	18mg	23mg	35
Celtuce (Celtuce Raw)	10mg	10mg	18
Sun-Dried Hot Chile Peppers (Peppers Hot Chile Sun-Dried)	203mg	127mg	324
Peas (Peas Green Raw)	32mg	82mg	81
Cooked Crookneck Summer Squash (Squash Summer Crookneck & Straightneck Cooked Boiled Drained W/O Salt)	10mg	13mg	19
Boiled Red Bell Peppers (Peppers Sweet Red Cooked Boiled Drained Without Salt)	18mg	11mg	28
Cooked Green Bell Peppers (Peppers Sweet Green Cooked Boiled Drained Without Salt)	18mg	11mg	28
Brussels Sprouts (Raw)(Brussels Sprouts Raw)	22mg	32mg	43
Crookneck Summer Squash (Squash Summer Crookneck And Straightneck Raw)	10mg	14mg	19
Sweet Red Bell Peppers (Peppers Sweet Red Raw)	19mg	6mg	26
Okra (Okra Raw)	19mg	21mg	33
Green Chili Peppers (Peppers Chili Green Canned)	14mg	9mg	21
Parsley (Parsley Fresh)	14mg	42mg	36
Enoki Mushrooms (Mushrooms Enoki Raw)	20mg	30mg	37
Yellow Snap Beans (Beans Snap Yellow Raw)	18mg	22mg	31
Raw Green Beans (Snap Beans)(Beans Snap Green Raw)	18mg	22mg	31
Cooked Purslane (Purslane Cooked Boiled Drained Without Salt)	10mg	14mg	18
Snow Peas (Peas Edible-Podded Raw)	32mg	11mg	42
Green Tomatoes (Tomatoes Green Raw)	16mg	10mg	23
Nopales (Nopales Raw)	8mg	15mg	16
Radishes (Radishes Raw)	10mg	10mg	16
Cooked Podded Peas (Peas Edible-Podded Frozen Cooked Boiled Drained Without Salt)	40mg	14mg	52
	19mg	1 - mg	27
	ISHIU	•	123
Sweet Yellow Peppers (Peppers Sweet Yellow Raw) Cooked Lima Boans (Lima Boans Immature Soods Cooked Boiled Drained Without Salt)		68ma	
Cooked Lima Beans (Lima Beans Immature Seeds Cooked Boiled Drained Without Salt)	83mg	68mg	
Cooked Lima Beans (Lima Beans Immature Seeds Cooked Boiled Drained Without Salt) Sun-Dried Tomatoes (Tomatoes Sun-Dried)	83mg 183mg	122mg	258
Cooked Lima Beans (Lima Beans Immature Seeds Cooked Boiled Drained Without Salt) Sun-Dried Tomatoes (Tomatoes Sun-Dried) Dried Shiitake Mushrooms (Mushrooms Shiitake Dried)	83mg 183mg 196mg	122mg 179mg	258 296
Cooked Lima Beans (Lima Beans Immature Seeds Cooked Boiled Drained Without Salt) Sun-Dried Tomatoes (Tomatoes Sun-Dried) Dried Shiitake Mushrooms (Mushrooms Shiitake Dried) Canned Lima Beans (Lima Beans Immature Seeds Canned No Salt Added Solids And Liquids)	83mg 183mg 196mg 49mg	122mg 179mg 40mg	258 296 71
Cooked Lima Beans (Lima Beans Immature Seeds Cooked Boiled Drained Without Salt) Sun-Dried Tomatoes (Tomatoes Sun-Dried) Dried Shiitake Mushrooms (Mushrooms Shiitake Dried) Canned Lima Beans (Lima Beans Immature Seeds Canned No Salt Added Solids And Liquids) Endive (Endive Raw)	83mg 183mg 196mg 49mg 10mg	122mg 179mg 40mg 14mg	258 296 71 17
Cooked Lima Beans (Lima Beans Immature Seeds Cooked Boiled Drained Without Salt) Sun-Dried Tomatoes (Tomatoes Sun-Dried) Dried Shiitake Mushrooms (Mushrooms Shiitake Dried) Canned Lima Beans (Lima Beans Immature Seeds Canned No Salt Added Solids And Liquids) Endive (Endive Raw) Cooked Savoy Cabbage (Cabbage Savoy Cooked Boiled Drained Without Salt)	83mg 183mg 196mg 49mg 10mg 15mg	122mg 179mg 40mg 14mg 18mg	258 296 71 17 24
Cooked Lima Beans (Lima Beans Immature Seeds Cooked Boiled Drained Without Salt) Sun-Dried Tomatoes (Tomatoes Sun-Dried) Dried Shiitake Mushrooms (Mushrooms Shiitake Dried) Canned Lima Beans (Lima Beans Immature Seeds Canned No Salt Added Solids And Liquids) Endive (Endive Raw) Cooked Savoy Cabbage (Cabbage Savoy Cooked Boiled Drained Without Salt) Savoy Cabbage (Cabbage Savoy Raw)	83mg 183mg 196mg 49mg 10mg 15mg 17mg	122mg 179mg 40mg 14mg 18mg 20mg	258 296 71 17 24 27
Cooked Lima Beans (Lima Beans Immature Seeds Cooked Boiled Drained Without Salt) Sun-Dried Tomatoes (Tomatoes Sun-Dried) Dried Shiitake Mushrooms (Mushrooms Shiitake Dried) Canned Lima Beans (Lima Beans Immature Seeds Canned No Salt Added Solids And Liquids) Endive (Endive Raw) Cooked Savoy Cabbage (Cabbage Savoy Cooked Boiled Drained Without Salt) Savoy Cabbage (Cabbage Savoy Raw) White Icicle Radishes (Daikon)(Radishes White Icicle Raw)	83mg 183mg 196mg 49mg 10mg 15mg 17mg 9mg	122mg 179mg 40mg 14mg 18mg 20mg 10mg	258 296 71 17 24 27 14
Cooked Lima Beans (Lima Beans Immature Seeds Cooked Boiled Drained Without Salt) Sun-Dried Tomatoes (Tomatoes Sun-Dried) Dried Shiitake Mushrooms (Mushrooms Shiitake Dried) Canned Lima Beans (Lima Beans Immature Seeds Canned No Salt Added Solids And Liquids) Endive (Endive Raw) Cooked Savoy Cabbage (Cabbage Savoy Cooked Boiled Drained Without Salt) Savoy Cabbage (Cabbage Savoy Raw) White Icicle Radishes (Daikon)(Radishes White Icicle Raw) Cooked Escarole (Escarole Cooked Boiled Drained No Salt Added)	83mg 183mg 196mg 49mg 10mg 15mg 17mg 9mg 9mg	122mg 179mg 40mg 14mg 18mg 20mg 10mg 13mg	258 296 71 17 24 27 14
Cooked Lima Beans (Lima Beans Immature Seeds Cooked Boiled Drained Without Salt) Sun-Dried Tomatoes (Tomatoes Sun-Dried) Dried Shiitake Mushrooms (Mushrooms Shiitake Dried) Canned Lima Beans (Lima Beans Immature Seeds Canned No Salt Added Solids And Liquids) Endive (Endive Raw) Cooked Savoy Cabbage (Cabbage Savoy Cooked Boiled Drained Without Salt) Savoy Cabbage (Cabbage Savoy Raw) White Icicle Radishes (Daikon)(Radishes White Icicle Raw) Cooked Escarole (Escarole Cooked Boiled Drained No Salt Added) Turnip Greens (Turnip Greens Raw)	83mg 183mg 196mg 49mg 10mg 15mg 17mg 9mg 9mg 17mg	122mg 179mg 40mg 14mg 18mg 20mg 10mg 13mg 34mg	258 296 71 17 24 27 14 15 32
Cooked Lima Beans (Lima Beans Immature Seeds Cooked Boiled Drained Without Salt) Sun-Dried Tomatoes (Tomatoes Sun-Dried) Dried Shiitake Mushrooms (Mushrooms Shiitake Dried) Canned Lima Beans (Lima Beans Immature Seeds Canned No Salt Added Solids And Liquids) Endive (Endive Raw) Cooked Savoy Cabbage (Cabbage Savoy Cooked Boiled Drained Without Salt) Savoy Cabbage (Cabbage Savoy Raw) White Icicle Radishes (Daikon)(Radishes White Icicle Raw) Cooked Escarole (Escarole Cooked Boiled Drained No Salt Added) Turnip Greens (Turnip Greens Raw) Cooked Nopales (Nopales Cooked Without Salt)	83mg 183mg 196mg 49mg 10mg 15mg 17mg 9mg 9mg 17mg 8mg	122mg 179mg 40mg 14mg 18mg 20mg 10mg 13mg 34mg 16mg	258 296 71 17 24 27 14 15 32
Cooked Lima Beans (Lima Beans Immature Seeds Cooked Boiled Drained Without Salt) Sun-Dried Tomatoes (Tomatoes Sun-Dried) Dried Shiitake Mushrooms (Mushrooms Shiitake Dried) Canned Lima Beans (Lima Beans Immature Seeds Canned No Salt Added Solids And Liquids) Endive (Endive Raw) Cooked Savoy Cabbage (Cabbage Savoy Cooked Boiled Drained Without Salt) Savoy Cabbage (Cabbage Savoy Raw) White Icicle Radishes (Daikon)(Radishes White Icicle Raw) Cooked Escarole (Escarole Cooked Boiled Drained No Salt Added) Turnip Greens (Turnip Greens Raw) Cooked Nopales (Nopales Cooked Without Salt) Portobellos (Exposed To Sunlight Or Uv)(Mushrooms Portabella Exposed To Ultraviolet Light Grilled)	83mg 183mg 183mg 196mg 49mg 10mg 15mg 17mg 9mg 9mg 17mg 8mg 13mg	122mg 179mg 40mg 14mg 18mg 20mg 10mg 13mg 34mg 16mg 38mg	258 296 71 17 24 27 14 15 32 15 29
Cooked Lima Beans (Lima Beans Immature Seeds Cooked Boiled Drained Without Salt) Sun-Dried Tomatoes (Tomatoes Sun-Dried) Dried Shiitake Mushrooms (Mushrooms Shiitake Dried) Canned Lima Beans (Lima Beans Immature Seeds Canned No Salt Added Solids And Liquids) Endive (Endive Raw) Cooked Savoy Cabbage (Cabbage Savoy Cooked Boiled Drained Without Salt) Savoy Cabbage (Cabbage Savoy Raw) White Icicle Radishes (Daikon)(Radishes White Icicle Raw) Cooked Escarole (Escarole Cooked Boiled Drained No Salt Added) Turnip Greens (Turnip Greens Raw) Cooked Nopales (Nopales Cooked Without Salt)	83mg 183mg 196mg 49mg 10mg 15mg 17mg 9mg 9mg 17mg 8mg	122mg 179mg 40mg 14mg 18mg 20mg 10mg 13mg 34mg 16mg	258 296 71 17 24 27 14 15 32 15 29 22
Cooked Lima Beans (Lima Beans Immature Seeds Cooked Boiled Drained Without Salt) Sun-Dried Tomatoes (Tomatoes Sun-Dried) Dried Shiitake Mushrooms (Mushrooms Shiitake Dried) Canned Lima Beans (Lima Beans Immature Seeds Canned No Salt Added Solids And Liquids) Endive (Endive Raw) Cooked Savoy Cabbage (Cabbage Savoy Cooked Boiled Drained Without Salt) Savoy Cabbage (Cabbage Savoy Raw) White Icicle Radishes (Daikon)(Radishes White Icicle Raw) Cooked Escarole (Escarole Cooked Boiled Drained No Salt Added) Turnip Greens (Turnip Greens Raw) Cooked Nopales (Nopales Cooked Without Salt) Portobellos (Exposed To Sunlight Or Uv)(Mushrooms Portabella Exposed To Ultraviolet Light Grilled)	83mg 183mg 183mg 196mg 49mg 10mg 15mg 17mg 9mg 9mg 17mg 17mg 10mg 13mg 10mg 14mg	122mg 179mg 40mg 14mg 18mg 20mg 10mg 13mg 34mg 16mg 38mg 29mg	258 296 71 17 24 27 14 15 32 15 29 22 18
Cooked Lima Beans (Lima Beans Immature Seeds Cooked Boiled Drained Without Salt) Sun-Dried Tomatoes (Tomatoes Sun-Dried) Dried Shiitake Mushrooms (Mushrooms Shiitake Dried) Canned Lima Beans (Lima Beans Immature Seeds Canned No Salt Added Solids And Liquids) Endive (Endive Raw) Cooked Savoy Cabbage (Cabbage Savoy Cooked Boiled Drained Without Salt) Savoy Cabbage (Cabbage Savoy Raw) White Icicle Radishes (Daikon)(Radishes White Icicle Raw) Cooked Escarole (Escarole Cooked Boiled Drained No Salt Added) Turnip Greens (Turnip Greens Raw) Cooked Nopales (Nopales Cooked Without Salt) Portobellos (Exposed To Sunlight Or Uv)(Mushrooms Portabella Exposed To Ultraviolet Light Grilled) Portobellos Mushrooms (Mushrooms Portabella Raw)	83mg 183mg 183mg 196mg 49mg 10mg 15mg 17mg 9mg 9mg 17mg 8mg 13mg 10mg 14mg 219mg	122mg 179mg 40mg 14mg 18mg 20mg 10mg 13mg 34mg 16mg 38mg 29mg	258 296 71 17 24 27 14 15 32 15 29 22 18 281
Cooked Lima Beans (Lima Beans Immature Seeds Cooked Boiled Drained Without Salt) Sun-Dried Tomatoes (Tomatoes Sun-Dried) Dried Shiitake Mushrooms (Mushrooms Shiitake Dried) Canned Lima Beans (Lima Beans Immature Seeds Canned No Salt Added Solids And Liquids) Endive (Endive Raw) Cooked Savoy Cabbage (Cabbage Savoy Cooked Boiled Drained Without Salt) Savoy Cabbage (Cabbage Savoy Raw) White Icicle Radishes (Daikon)(Radishes White Icicle Raw) Cooked Escarole (Escarole Cooked Boiled Drained No Salt Added) Turnip Greens (Turnip Greens Raw) Cooked Nopales (Nopales Cooked Without Salt) Portobellos (Exposed To Sunlight Or Uv)(Mushrooms Portabella Exposed To Ultraviolet Light Grilled) Portobellos Mushrooms (Mushrooms Portabella Raw) Cooked Tomatoes (Tomatoes Red Ripe Cooked)	83mg 183mg 196mg 49mg 10mg 15mg 17mg 9mg 9mg 17mg 8mg 13mg 10mg 14mg 219mg 25mg	122mg 179mg 40mg 14mg 18mg 20mg 10mg 13mg 34mg 16mg 38mg 29mg 9mg 142mg 15mg	258 296 71 17 24 27 14 15 32 15 29 22 18 281 31
Cooked Lima Beans (Lima Beans Immature Seeds Cooked Boiled Drained Without Salt) Sun-Dried Tomatoes (Tomatoes Sun-Dried) Dried Shiitake Mushrooms (Mushrooms Shiitake Dried) Canned Lima Beans (Lima Beans Immature Seeds Canned No Salt Added Solids And Liquids) Endive (Endive Raw) Cooked Savoy Cabbage (Cabbage Savoy Cooked Boiled Drained Without Salt) Savoy Cabbage (Cabbage Savoy Raw) White Icicle Radishes (Daikon)(Radishes White Icicle Raw) Cooked Escarole (Escarole Cooked Boiled Drained No Salt Added) Turnip Greens (Turnip Greens Raw) Cooked Nopales (Nopales Cooked Without Salt) Portobellos (Exposed To Sunlight Or Uv)(Mushrooms Portabella Exposed To Ultraviolet Light Grilled) Portobellos Mushrooms (Mushrooms Portabella Raw) Cooked Tomatoes (Tomatoes Red Ripe Cooked) Dried Ancho Peppers (Peppers Ancho Dried)	83mg 183mg 183mg 196mg 49mg 10mg 15mg 17mg 9mg 9mg 17mg 8mg 13mg 10mg 14mg 219mg	122mg 179mg 40mg 14mg 18mg 20mg 10mg 13mg 34mg 16mg 38mg 29mg 9mg 142mg 15mg 28mg	258 296 71 17 24 27 14 15 32 15 29 22 18 281 31 33
Cooked Lima Beans (Lima Beans Immature Seeds Cooked Boiled Drained Without Salt) Sun-Dried Tomatoes (Tomatoes Sun-Dried) Dried Shiitake Mushrooms (Mushrooms Shiitake Dried) Canned Lima Beans (Lima Beans Immature Seeds Canned No Salt Added Solids And Liquids) Endive (Endive Raw) Cooked Savoy Cabbage (Cabbage Savoy Cooked Boiled Drained Without Salt) Savoy Cabbage (Cabbage Savoy Raw) White Icicle Radishes (Daikon)(Radishes White Icicle Raw) Cooked Escarole (Escarole Cooked Boiled Drained No Salt Added) Turnip Greens (Turnip Greens Raw) Cooked Nopales (Nopales Cooked Without Salt) Portobellos (Exposed To Sunlight Or Uv)(Mushrooms Portabella Exposed To Ultraviolet Light Grilled) Portobellos Mushrooms (Mushrooms Portabella Raw) Cooked Tomatoes (Tomatoes Red Ripe Cooked) Dried Ancho Peppers (Peppers Ancho Dried) Maitake Mushrooms (Mushrooms Maitake Raw) Cooked Collards (Collards Cooked Boiled Drained Without Salt) Cooked Snow Peas (Peas Edible-Podded Boiled Drained Without Salt)	83mg 183mg 196mg 49mg 10mg 15mg 17mg 9mg 9mg 17mg 8mg 13mg 10mg 14mg 219mg 25mg 22mg 37mg	122mg 179mg 40mg 40mg 14mg 18mg 20mg 10mg 13mg 34mg 16mg 38mg 29mg 9mg 142mg 15mg 28mg 13mg	258 296 71 17 24 27 14 15 32 15 29 22 18 281 31 33 42
Cooked Lima Beans (Lima Beans Immature Seeds Cooked Boiled Drained Without Salt) Sun-Dried Tomatoes (Tomatoes Sun-Dried) Dried Shiitake Mushrooms (Mushrooms Shiitake Dried) Canned Lima Beans (Lima Beans Immature Seeds Canned No Salt Added Solids And Liquids) Endive (Endive Raw) Cooked Savoy Cabbage (Cabbage Savoy Cooked Boiled Drained Without Salt) Savoy Cabbage (Cabbage Savoy Raw) White Icicle Radishes (Daikon)(Radishes White Icicle Raw) Cooked Escarole (Escarole Cooked Boiled Drained No Salt Added) Turnip Greens (Turnip Greens Raw) Cooked Nopales (Nopales Cooked Without Salt) Portobellos (Exposed To Sunlight Or Uv)(Mushrooms Portabella Exposed To Ultraviolet Light Grilled) Portobellos Mushrooms (Mushrooms Portabella Raw) Cooked Tomatoes (Tomatoes Red Ripe Cooked) Dried Ancho Peppers (Peppers Ancho Dried) Maitake Mushrooms (Mushrooms Maitake Raw) Cooked Collards (Collards Cooked Boiled Drained Without Salt) Cooked Snow Peas (Peas Edible-Podded Boiled Drained Without Salt) Mung Bean Sprouts (Mung Beans Mature Seeds Sprouted Raw)	83mg 183mg 196mg 49mg 10mg 15mg 17mg 9mg 9mg 17mg 8mg 13mg 10mg 14mg 219mg 25mg 22mg 37mg 17mg	122mg 179mg 40mg 14mg 18mg 20mg 10mg 13mg 34mg 16mg 38mg 29mg 9mg 142mg 15mg 28mg 13mg 34mg	258 296 71 17 24 27 14 15 32 15 29 22 18 281 31 33 42 30
Cooked Lima Beans (Lima Beans Immature Seeds Cooked Boiled Drained Without Salt) Sun-Dried Tomatoes (Tomatoes Sun-Dried) Dried Shiitake Mushrooms (Mushrooms Shiitake Dried) Canned Lima Beans (Lima Beans Immature Seeds Canned No Salt Added Solids And Liquids) Endive (Endive Raw) Cooked Savoy Cabbage (Cabbage Savoy Cooked Boiled Drained Without Salt) Savoy Cabbage (Cabbage Savoy Raw) White Icicle Radishes (Daikon)(Radishes White Icicle Raw) Cooked Escarole (Escarole Cooked Boiled Drained No Salt Added) Turnip Greens (Turnip Greens Raw) Cooked Nopales (Nopales Cooked Without Salt) Portobellos (Exposed To Sunlight Or Uv)(Mushrooms Portabella Exposed To Ultraviolet Light Grilled) Portobellos Mushrooms (Mushrooms Portabella Raw) Cooked Tomatoes (Tomatoes Red Ripe Cooked) Dried Ancho Peppers (Peppers Ancho Dried) Maitake Mushrooms (Mushrooms Maitake Raw) Cooked Collards (Collards Cooked Boiled Drained Without Salt) Cooked Snow Peas (Peas Edible-Podded Boiled Drained Without Salt) Mung Bean Sprouts (Mung Beans Mature Seeds Sprouted Raw) White Button Mushrooms (Stir-Fried)(Mushrooms White Stir-Fried)	83mg 183mg 196mg 49mg 10mg 15mg 17mg 9mg 17mg 8mg 13mg 10mg 14mg 219mg 25mg 22mg 37mg 17mg 13mg	122mg 179mg 40mg 14mg 18mg 20mg 10mg 13mg 34mg 16mg 38mg 29mg 9mg 142mg 15mg 28mg 13mg 34mg 34mg 34mg	258 296 71 17 24 27 14 15 32 15 29 22 18 281 31 33 42 30 26
Cooked Lima Beans (Lima Beans Immature Seeds Cooked Boiled Drained Without Salt) Sun-Dried Tomatoes (Tomatoes Sun-Dried) Dried Shiitake Mushrooms (Mushrooms Shiitake Dried) Canned Lima Beans (Lima Beans Immature Seeds Canned No Salt Added Solids And Liquids) Endive (Endive Raw) Cooked Savoy Cabbage (Cabbage Savoy Cooked Boiled Drained Without Salt) Savoy Cabbage (Cabbage Savoy Raw) White Icicle Radishes (Daikon)(Radishes White Icicle Raw) Cooked Escarole (Escarole Cooked Boiled Drained No Salt Added) Turnip Greens (Turnip Greens Raw) Cooked Nopales (Nopales Cooked Without Salt) Portobellos (Esposed To Sunlight Or Uv)(Mushrooms Portabella Exposed To Ultraviolet Light Grilled) Portobellos Mushrooms (Mushrooms Portabella Raw) Cooked Tomatoes (Tomatoes Red Ripe Cooked) Dried Ancho Peppers (Peppers Ancho Dried) Maitake Mushrooms (Mushrooms Maitake Raw) Cooked Collards (Collards Cooked Boiled Drained Without Salt) Cooked Snow Peas (Peas Edible-Podded Boiled Drained Without Salt) Mung Bean Sprouts (Mung Beans Mature Seeds Sprouted Raw) White Button Mushrooms (Stir-Fried)(Mushrooms White Stir-Fried) Shiitake Mushrooms (Mushrooms Shiitake Raw)	83mg 183mg 196mg 49mg 10mg 15mg 17mg 9mg 9mg 17mg 8mg 13mg 10mg 14mg 219mg 25mg 22mg 37mg 17mg	122mg 179mg 40mg 14mg 18mg 20mg 10mg 13mg 34mg 16mg 38mg 29mg 9mg 142mg 15mg 28mg 13mg 34mg	258 296 71 17 24 27 14 15 32 15 29 22 18 281 31 33 42 30 26 34
Cooked Lima Beans (Lima Beans Immature Seeds Cooked Boiled Drained Without Salt) Sun-Dried Tomatoes (Tomatoes Sun-Dried) Dried Shiitake Mushrooms (Mushrooms Shiitake Dried) Canned Lima Beans (Lima Beans Immature Seeds Canned No Salt Added Solids And Liquids) Endive (Endive Raw) Cooked Savoy Cabbage (Cabbage Savoy Cooked Boiled Drained Without Salt) Savoy Cabbage (Cabbage Savoy Raw) White Icicle Radishes (Daikon)(Radishes White Icicle Raw) Cooked Escarole (Escarole Cooked Boiled Drained No Salt Added) Turnip Greens (Turnip Greens Raw) Cooked Nopales (Nopales Cooked Without Salt) Portobellos (Exposed To Sunlight Or Uv)(Mushrooms Portabella Exposed To Ultraviolet Light Grilled) Portobellos Mushrooms (Mushrooms Portabella Raw) Cooked Tomatoes (Tomatoes Red Ripe Cooked) Dried Ancho Peppers (Peppers Ancho Dried) Maitake Mushrooms (Mushrooms Maitake Raw) Cooked Collards (Collards Cooked Boiled Drained Without Salt) Mung Bean Sprouts (Mung Beans Mature Seeds Sprouted Raw) White Button Mushrooms (Stir-Fried)(Mushrooms White Stir-Fried) Shiitake Mushrooms (Mushrooms Shiitake Raw) Cooked Scallop Squash (Squash Summer Scallop Cooked Boiled Drained Without Salt)	83mg 183mg 196mg 49mg 10mg 15mg 17mg 9mg 9mg 17mg 8mg 13mg 10mg 14mg 219mg 25mg 22mg 37mg 17mg 13mg 13mg 11mg	122mg 179mg 40mg 14mg 18mg 20mg 10mg 13mg 34mg 16mg 38mg 29mg 142mg 15mg 28mg 13mg 34mg 34mg 33mg 34mg 35mg	258 296 71 17 24 27 14 15 32 15 29 22 18 281 31 33 42 30 26 34 16
Cooked Lima Beans (Lima Beans Immature Seeds Cooked Boiled Drained Without Salt) Sun-Dried Tomatoes (Tomatoes Sun-Dried) Dried Shiitake Mushrooms (Mushrooms Shiitake Dried) Canned Lima Beans (Lima Beans Immature Seeds Canned No Salt Added Solids And Liquids) Endive (Endive Raw) Cooked Savoy Cabbage (Cabbage Savoy Cooked Boiled Drained Without Salt) Savoy Cabbage (Cabbage Savoy Raw) White Icicle Radishes (Daikon)(Radishes White Icicle Raw) Cooked Escarole (Escarole Cooked Boiled Drained No Salt Added) Turnip Greens (Turnip Greens Raw) Cooked Nopales (Nopales Cooked Without Salt) Portobellos (Exposed To Sunlight Or Uv)(Mushrooms Portabella Exposed To Ultraviolet Light Grilled) Portobellos Mushrooms (Mushrooms Portabella Raw) Cooked Tomatoes (Tomatoes Red Ripe Cooked) Dried Ancho Peppers (Peppers Ancho Dried) Maitake Mushrooms (Mushrooms Maitake Raw) Cooked Collards (Collards Cooked Boiled Drained Without Salt) Cooked Snow Peas (Peas Edible-Podded Boiled Drained Without Salt) Mung Bean Sprouts (Mung Beans Mature Seeds Sprouted Raw) White Button Mushrooms (Stir-Fried)(Mushrooms White Stir-Fried) Shiitake Mushrooms (Mushrooms Shiitake Raw)	83mg 183mg 196mg 49mg 10mg 15mg 17mg 9mg 9mg 17mg 8mg 13mg 10mg 14mg 219mg 25mg 22mg 37mg 17mg 13mg 13mg 13mg 13mg	122mg 179mg 40mg 14mg 18mg 20mg 10mg 13mg 34mg 16mg 38mg 29mg 9mg 142mg 15mg 28mg 13mg 34mg 34mg 34mg 34mg 34mg 33mg	258 296 71 17 24 27 14 15 32 15 29 22 18 281 31 33 42 30 26 34 16 15
Cooked Lima Beans (Lima Beans Immature Seeds Cooked Boiled Drained Without Salt) Sun-Dried Tomatoes (Tomatoes Sun-Dried) Dried Shiitake Mushrooms (Mushrooms Shiitake Dried) Canned Lima Beans (Lima Beans Immature Seeds Canned No Salt Added Solids And Liquids) Endive (Endive Raw) Cooked Savoy Cabbage (Cabbage Savoy Cooked Boiled Drained Without Salt) Savoy Cabbage (Cabbage Savoy Raw) White Icicle Radishes (Daikon)(Radishes White Icicle Raw) Cooked Escarole (Escarole Cooked Boiled Drained No Salt Added) Turnip Greens (Turnip Greens Raw) Cooked Nopales (Nopales Cooked Without Salt) Portobellos (Exposed To Sunlight Or Uv)(Mushrooms Portabella Exposed To Ultraviolet Light Grilled) Portobellos Mushrooms (Mushrooms Portabella Raw) Cooked Tomatoes (Tomatoes Red Ripe Cooked) Dried Ancho Peppers (Peppers Ancho Dried) Maitake Mushrooms (Mushrooms Maitake Raw) Cooked Collards (Collards Cooked Boiled Drained Without Salt) Mung Bean Sprouts (Mung Beans Mature Seeds Sprouted Raw) White Button Mushrooms (Stir-Fried)(Mushrooms White Stir-Fried) Shiitake Mushrooms (Mushrooms Shiitake Raw) Cooked Scallop Squash (Squash Summer Scallop Cooked Boiled Drained Without Salt)	83mg 183mg 196mg 49mg 10mg 15mg 17mg 9mg 9mg 17mg 8mg 13mg 10mg 14mg 219mg 25mg 22mg 37mg 17mg 13mg 13mg 11mg	122mg 179mg 40mg 14mg 18mg 20mg 10mg 13mg 34mg 16mg 38mg 29mg 142mg 15mg 28mg 13mg 34mg 34mg 33mg 34mg 35mg	258 296 71 17 24 27 14 15 32 15 29 22 18 281 31 33 42 30 26 34 16
Cooked Lima Beans (Lima Beans Immature Seeds Cooked Boiled Drained Without Salt) Sun-Dried Tomatoes (Tomatoes Sun-Dried) Dried Shiitake Mushrooms (Mushrooms Shiitake Dried) Canned Lima Beans (Lima Beans Immature Seeds Canned No Salt Added Solids And Liquids) Endive (Endive Raw) Cooked Savoy Cabbage (Cabbage Savoy Cooked Boiled Drained Without Salt) Savoy Cabbage (Cabbage Savoy Raw) White Icicle Radishes (Daikon)(Radishes White Icicle Raw) Cooked Escarole (Escarole Cooked Boiled Drained No Salt Added) Turnip Greens (Turnip Greens Raw) Cooked Nopales (Nopales Cooked Without Salt) Portobellos (Exposed To Sunlight Or Uv)(Mushrooms Portabella Exposed To Ultraviolet Light Grilled) Portobellos Mushrooms (Mushrooms Portabella Raw) Cooked Tomatoes (Tomatoes Red Ripe Cooked) Dried Ancho Peppers (Peppers Ancho Dried) Maitake Mushrooms (Mushrooms Maitake Raw) Cooked Collards (Collards Cooked Boiled Drained Without Salt) Cooked Snow Peas (Peas Edible-Podded Boiled Drained Without Salt) Mung Bean Sprouts (Mung Beans Mature Seeds Sprouted Raw) White Button Mushrooms (Stir-Fried)(Mushrooms White Stir-Fried) Shiitake Mushrooms (Mushrooms Shiitake Raw) Cooked Scallop Squash (Squash Summer Scallop Cooked Boiled Drained Without Salt) Yellow Tomatoes (Tomatoes Yellow Raw)	83mg 183mg 196mg 49mg 10mg 15mg 17mg 9mg 9mg 17mg 8mg 13mg 10mg 14mg 219mg 25mg 22mg 37mg 17mg 13mg 13mg 13mg 13mg	122mg 179mg 40mg 14mg 18mg 20mg 10mg 13mg 34mg 16mg 38mg 29mg 9mg 142mg 15mg 28mg 13mg 34mg 34mg 34mg 34mg 34mg 34mg 34mg 3	258 296 71 17 24 27 14 15 32 15 29 22 18 281 31 33 42 30 26 34 16 15
Cooked Lima Beans (Lima Beans Immature Seeds Cooked Boiled Drained Without Salt) Sun-Dried Tomatoes (Tomatoes Sun-Dried) Dried Shiitake Mushrooms (Mushrooms Shiitake Dried) Canned Lima Beans (Lima Beans Immature Seeds Canned No Salt Added Solids And Liquids) Endive (Endive Raw) Cooked Savoy Cabbage (Cabbage Savoy Cooked Boiled Drained Without Salt) Savoy Cabbage (Cabbage Savoy Raw) White Icicle Radishes (Daikon)(Radishes White Icicle Raw) Cooked Escarole (Escarole Cooked Boiled Drained No Salt Added) Turnip Greens (Turnip Greens Raw) Cooked Nopales (Nopales Cooked Without Salt) Portobellos (Exposed To Sunlight Or Uv)(Mushrooms Portabella Exposed To Ultraviolet Light Grilled) Portobellos Mushrooms (Mushrooms Portabella Raw) Cooked Tomatoes (Tomatoes Red Ripe Cooked) Dried Ancho Peppers (Peppers Ancho Dried) Maitake Mushrooms (Mushrooms Maitake Raw) Cooked Collards (Collards Cooked Boiled Drained Without Salt) Cooked Snow Peas (Peas Edible-Podded Boiled Drained Without Salt) Mung Bean Sprouts (Mung Beans Mature Seeds Sprouted Raw) White Button Mushrooms (Mushrooms Shiitake Raw) Cooked Scallop Squash (Squash Summer Scallop Cooked Boiled Drained Without Salt) Yellow Tomatoes (Tomatoes Yellow Raw) Scallop Squash (Squash Summer Scallop Raw)	83mg 183mg 196mg 49mg 10mg 15mg 17mg 9mg 9mg 17mg 8mg 13mg 10mg 14mg 219mg 25mg 22mg 37mg 17mg 13mg 13mg 13mg 13mg 13mg 13mg 13mg 13	122mg 179mg 40mg 14mg 18mg 20mg 10mg 13mg 34mg 16mg 38mg 29mg 142mg 15mg 28mg 13mg 34mg 34mg 35mg 34mg 37mg 37mg 37mg 37mg 37mg 37mg	258 296 71 17 24 27 14 15 32 15 29 22 18 281 31 33 42 30 26 34 16 15 18
Cooked Lima Beans (Lima Beans Immature Seeds Cooked Boiled Drained Without Salt) Sun-Dried Tomatoes (Tomatoes Sun-Dried) Dried Shiitake Mushrooms (Mushrooms Shiitake Dried) Canned Lima Beans (Lima Beans Immature Seeds Canned No Salt Added Solids And Liquids) Endive (Endive Raw) Cooked Savoy Cabbage (Cabbage Savoy Cooked Boiled Drained Without Salt) Savoy Cabbage (Cabbage Savoy Raw) White Icicle Radishes (Daikon)(Radishes White Icicle Raw) Cooked Escarole (Escarole Cooked Boiled Drained No Salt Added) Turnip Greens (Turnip Greens Raw) Cooked Nopales (Nopales Cooked Without Salt) Portobellos (Exposed To Sunlight Or Uv)(Mushrooms Portabella Exposed To Ultraviolet Light Grilled) Portobellos (Mushrooms (Mushrooms Portabella Raw) Cooked Tomatoes (Tomatoes Red Ripe Cooked) Dried Ancho Peppers (Peppers Ancho Dried) Maitake Mushrooms (Mushrooms Maitake Raw) Cooked Collards (Collards Cooked Boiled Drained Without Salt) Cooked Snow Peas (Peas Edible-Podded Boiled Drained Without Salt) Mung Bean Sprouts (Mung Beans Mature Seeds Sprouted Raw) White Button Mushrooms (Mushrooms Shiitake Raw) Cooked Scallop Squash (Squash Summer Scallop Cooked Boiled Drained Without Salt) Yellow Tomatoes (Tomatoes Yellow Raw) Scallop Squash (Squash Summer Scallop Raw) White Button Mushrooms (Mushrooms White Raw)	83mg 183mg 196mg 49mg 10mg 15mg 17mg 9mg 9mg 17mg 8mg 13mg 10mg 14mg 219mg 25mg 22mg 37mg 17mg 13mg 13mg 13mg 13mg 13mg 13mg 13mg 13	122mg 179mg 40mg 14mg 18mg 20mg 10mg 13mg 34mg 16mg 38mg 29mg 142mg 15mg 28mg 13mg 34mg 34mg 34mg 34mg 31mg 31mg	258 296 71 17 24 27 14 15 32 15 29 22 18 281 31 33 42 30 26 34 16 15 18 22
Cooked Lima Beans (Lima Beans Immature Seeds Cooked Boiled Drained Without Salt) Sun-Dried Tomatoes (Tomatoes Sun-Dried) Dried Shiitake Mushrooms (Mushrooms Shiitake Dried) Canned Lima Beans (Lima Beans Immature Seeds Canned No Salt Added Solids And Liquids) Endive (Endive Raw) Cooked Savoy Cabbage (Cabbage Savoy Cooked Boiled Drained Without Salt) Savoy Cabbage (Cabbage Savoy Raw) White Icicle Radishes (Daikon)(Radishes White Icicle Raw) Cooked Escarole (Escarole Cooked Boiled Drained No Salt Added) Turnip Greens (Turnip Greens Raw) Cooked Nopales (Nopales Cooked Without Salt) Portobellos (Exposed To Sunlight Or Uv)(Mushrooms Portabella Exposed To Ultraviolet Light Grilled) Portobellos (Mushrooms (Mushrooms Portabella Raw) Cooked Tomatoes (Tomatoes Red Ripe Cooked) Dried Ancho Peppers (Peppers Ancho Dried) Maitake Mushrooms (Mushrooms Maitake Raw) Cooked Collards (Collards Cooked Boiled Drained Without Salt) Cooked Snow Peas (Peas Edible-Podded Boiled Drained Without Salt) Mung Bean Sprouts (Mung Beans Mature Seeds Sprouted Raw) White Button Mushrooms (Stir-Fried)(Mushrooms White Stir-Fried) Shiitake Mushrooms (Mushrooms Shiitake Raw) Cooked Scallop Squash (Squash Summer Scallop Cooked Boiled Drained Without Salt) Yellow Tomatoes (Tomatoes Yellow Raw) Scallop Squash (Squash Summer Scallop Raw) White Button Mushrooms (Mushrooms White Raw) Cauliflower (Cauliflower Raw)	83mg 183mg 196mg 49mg 10mg 15mg 17mg 9mg 9mg 17mg 8mg 13mg 10mg 14mg 219mg 25mg 22mg 37mg 17mg 13mg 13mg 13mg 13mg 12mg 13mg 12mg 20mg	122mg 179mg 40mg 14mg 18mg 20mg 10mg 13mg 34mg 16mg 38mg 29mg 9mg 142mg 15mg 28mg 13mg 34mg 34mg 34mg 31mg 31mg 31mg 31mg 31mg 20mg	258 296 71 17 24 27 14 15 32 15 29 22 18 281 31 33 42 30 26 34 16 15 18 22 25

Cremini Mushrooms (Mushrooms Brown Italian Or Cremini Raw)	6mg	48mg	22
Canned Pimentos (Pimento Canned)	21mg	13mg	23
Bamboo Shoots (Canned)(Bamboo Shoots Canned Drained Solids)	14mg	20mg	19
Cooked Turnip Greens (Turnip Greens Cooked Boiled Drained Without Salt)	13mg	26mg	20
Summer Squash (Squash Summer All Varieties Raw)	12mg	17mg	16
Wakame (Seaweed Wakame Raw)	28mg	63mg	45
Cooked Okra (Okra Cooked Boiled Drained Without Salt)	18mg	20mg	22
Red Leaf Lettuce (Lettuce Red Leaf Raw)	9mg	16mg	13
Hot Green Chili Peppers (Peppers Hot Chili Green Raw)	38mg	24mg	40
Red Chili Peppers (Peppers Hot Chili Red Raw)	38mg	24mg	40
Collards (Collards Raw)	25mg	33mg	32
Cooked Beet Greens (Beet Greens Cooked Boiled Drained Without Salt)	24mg	21mg	27
Bamboo Shoots (Bamboo Shoots Raw)	22mg	30mg	27
Broccoli (Broccoli Raw)	28mg	38mg	34
Palm Hearts (Canned)(Hearts Of Palm Canned)	19mg	42mg	28
Beet Greens (Raw)(Beet Greens Raw)	21mg	18mg	22
Canned Mung Bean Sprouts (Beans Mung Mature Seeds Sprouted Canned Drained Solids)	9mg	17mg	12
Oyster Mushrooms (Mushrooms Oyster Raw)	28mg	42mg	33
Watercress (Watercress Raw)	7mg	20mg	11
Cooked Cauliflower (Cauliflower Cooked Boiled Drained Without Salt)	21mg	26mg	23
Broccoli (Cooked)(Broccoli Cooked Boiled Drained Without Salt)	31mg	43mg	35
Cooked Kale (Kale Cooked Boiled Drained Without Salt)	39mg	29mg	36
Jute Potherb (Molokhiya) (Cooked)(Jute Potherb Cooked Boiled Drained Without Salt)	32mg	51mg	37
	38mg	29mg	35
Kale (Kale Raw)	155mg	69mg	12 4
Pea Sprouts (Peas Mature Seeds Sprouted Raw)	16mg	16mg	15
Green Leaf Lettuce (Lettuce Green Leaf Raw)	17mg		13
Bok Choy (Cabbage Chinese (Pak-Choi) Raw)	35mg	9mg	32
Cooked Green Cauliflower (Cauliflower Green Cooked No Salt Added)	34mg	43mg	31
Green Cauliflower (Cauliflower Green Raw)	•	42mg	
Bamboo Shoots (Cooked)(Bamboo Shoots Cooked Boiled Drained Without Salt) Stirffied Southern Spreads (Southerns Mature Souds Spreads Spreads Stir Fried)	13mg 157mg	17mg 138mg	12 125
Stirfried Soybean Sprouts (Soybeans Mature Seeds Sprouted Cooked Stir-Fried)	•	· ·	81
Cooked Soybean Sprouts (Soybeans Mature Seeds Sprouted Cooked Steamed)	102mg	89mg	12
Pak-Choi (Bok Choy) (Cooked)(Cabbage Chinese (Pak-Choi) Cooked Boiled Drained Without Salt)	17mg	9mg	122
Soybean Sprouts (Soybeans Mature Seeds Sprouted Raw)	157mg	138mg	
Canned Asparagus (Asparagus Canned Drained Solids)	25mg	21mg	19 10
Vinespinach (Vinespinach (Basella) Raw)	27mg	19mg	19 20
Cooked Water Spinach (Water Convolvulus Cooked Boiled Drained Without Salt)	23mg	35mg	20
Cooked Carrots (Carrots Cooked Boiled Drained Without Salt)	68mg	17mg	35
Asparagus (Cooked)(Asparagus Cooked Boiled Drained)	34mg	34mg	22 20
Asparagus (Asparagus Raw)	31mg	31mg	21
Pumpkin Leaves (Cooked)(Pumpkin Leaves Cooked Boiled Drained Without Salt)	27mg	47mg	41
Carrots (Carrots Raw)	83mg	20mg	
Kidney Bean Sprouts (Beans Kidney Mature Seeds Sprouted Raw)	18mg	11mg	29 10
Raw Water Spinach (Water Convolvulus (Raw))	28mg	44mg	19
Spinach (Spinach Raw)	35mg	53mg	23
Cooked Spinach (Spinach Cooked Boiled Drained Without Salt)	35mg	55mg	23
Kelp Seaweed (Seaweed Kelp Raw)	98mg	25mg	43
Broccoli Raab (Rapini)(Broccoli Raab Raw)	39mg	48mg	22 25
Cooked Broccoli Raab (Broccoli Raab Cooked)	47mg	58mg	25 10
Pumpkin Leaves (Pumpkin Leaves Raw)	32mg	54mg	19 106
Lentil Sprouts (Lentils Sprouted Raw)	334mg	105mg	106
Cooked Lentil Sprouts (Lentils Sprouted Cooked Stir-Fried Without Salt)	328mg	103mg	101
Dried Spirulina (Seaweed Spirulina Dried)	662mg	1149mg	290
Spirulina (Seaweed Spirulina Raw)	68mg	118mg	26