

Fruits and Vegetables Highest in Iron

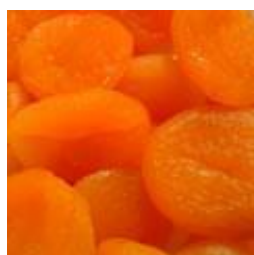
<https://www.healthaliciousness.com/articles/fruits-and-vegetables-high-in-iron.php>



#1: Mushrooms (Morel)

Iron 100g	Per cup (66g)	Per mushroom (13g)
12.18mg (68% DV)	8.04mg (45% DV)	1.58mg (9% DV)

Other Mushrooms High in Iron (%DV per cup): White Mushrooms, cooked (15%), Chanterelle Mushrooms (10%), Oyster Mushrooms (6%), and Shiitake Mushrooms, cooked (4%).



#2: Dried Fruit (Apricots)

Iron 100g	Per cup (119g)	Per 1/2 cup (60g)
6.31mg (35% DV)	7.51mg (42% DV)	3.76mg (21% DV)

Other Dried Fruit High in Iron (%DV per cup): Peaches (36%), Prunes & Currants (26%), Raisins (24%), Pears (21%), Figs (17%), and Apples (7%). **Note: Dried fruit is high in sugar and calories.**



#3: Dark Green Leafy Vegetables (Spinach, cooked)

Iron 100g	Per cup (180g)	Per 1/2 cup (90g)
3.57mg (20% DV)	6.43mg (36% DV)	3.22mg (18% DV)

Other Dark Green Leafy Vegetables High in Iron (%DV per cup, cooked): Swiss Chard (22%), Spinach (20%), Beet Greens (15%), Scotch Kale (14%), Dandelion Greens (11%), Pak Choi (10%), and Kale (7%).



#4: Olives

Iron 100g	Per super-sized olive (15g)	Per jumbo olive (8g)
3.32mg (18% DV)	0.5mg (3% DV)	0.27mg (2% DV)

Five jumbo olives contain just 30 calories and 0.37 grams of saturated fat.



#5: Beans & Peas (Soybeans, cooked)

Iron 100g	Per cup (180g)	Per 1/2 cup (90g)
2.5mg (14% DV)	4.5mg (25% DV)	2.25mg (13% DV)

Other Beans & Peas High in Iron (%DV per cup, cooked): Butter Beans (23%), Mange Tout (21%), Black-eyed Peas (20%), Mange Tout (18%), Green Peas (14%), Mung Beans (13%), Yellow Snap Beans (9%), and Green Snap Beans (5%).



#6: Asparagus

Iron 100g	Per cup (134g)	Per spear (20g)
2.14mg (12% DV)	2.87mg (16% DV)	0.43mg (2% DV)

A cup of asparagus contains just 27 calories



#7: Berries (Mulberries)

Iron 100g	Per cup (140g)	Per 10 berries (15g)
1.85mg (10% DV)	2.59mg (14% DV)	0.28mg (2% DV)

Other Berries High in Iron (%DV per cup): Elderberries (13%), Raspberries (9%), Blackberries (7%), Strawberries (6%), Raspberries, Blackberries, Loganberries & Wild Blueberries (5%).



#8: Coconut (Desiccated)

Iron 100g	Per 2 oz (56g)	Per ounce (28g)
3.32mg (18% DV)	1.86mg (10% DV)	0.93mg (5% DV)

Other Coconut Products High in Iron (%DV per ounce): Toasted Desiccated Coconut, Creamed Coconut and Coconut Milk (5%).



#9: Leeks & Scallions (Leeks)

Iron 100g	Per leek (89g)	Per slice (6g)
2.1mg (12% DV)	1.87mg (10% DV)	0.13mg (1% DV)

Scallions (Spring Onions) Are Also High in Iron: with (2% DV) per onion.



#10: Arugula (Rocket)

Iron 100g	Per cup (20g)	Per 1/2 cup (10g)
1.46mg (8% DV)	0.3mg (2% DV)	0.15mg (1% DV)

Other Salad Leaves High in Iron (%DV per cup): Butterhead Lettuce & Garden Cress (4%), Cos or Romaine Lettuce (3%), and Red Leaf Lettuce (2%).