



Abridged List Ordered by Nutrient Content in Household Measure  
Source: USDA National Nutrient Database for Standard Reference Legacy (2018)  
Nutrients: **Cryptoxanthin, beta**(µg)

Description	Measure	Cryptoxanthin, beta(µg)Per Measure
Squash, winter, butternut, cooked, baked, without salt	1.0 cups, cubes	6388
Squash, winter, hubbard, cooked, boiled, mashed, without	1.0 cups, mashed	2641
Persimmons, japanese, raw	1.0 fruit (2-1/2" dia)	2431
Papayas, raw	1.0 cups 1" pieces	854
Tangerines, (mandarin oranges), raw	1.0 cups, sections	794
Orange juice, frozen concentrate, unsweetened, undiluted	1.0 cups	500
Peas and carrots, frozen, cooked, boiled, drained, without salt	1.0 package (10 oz) yields	275
Peaches, canned, water pack, solids and liquids	1.0 cups, halves or slices	266
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1.0 cups	201
Peaches, canned, light syrup pack, solids and liquids	1.0 cups, halves or slices	183
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food Distribution	1.0 cups	163
Passion-fruit, (granadilla), purple, raw	1.0 cups	97
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1.0 cups	97
Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	1.0 cups	67
Orange juice, chilled, includes from concentrate, with	1.0 cups	67
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1.0 cups	36
Apricots, canned, heavy syrup, drained	1.0 cups, halves	35
Soup, black bean, canned, condensed	1.0 cups (8 fl oz)	31
Desserts, mousse, chocolate, prepared-from-recipe	1.0 recipe yield	24
Apricots, canned, heavy syrup pack, with skin, solids and	1.0 cups, halves	18
Snacks, potato chips, barbecue-flavor	1.0 oz	17
Mangos, raw	1.0 cups pieces	16
Kale, frozen, unprepared	1.0 cups	15
Tomato products, canned, sauce, with onions, green peppers, and celery	1.0 cups	15
Pie, Dutch Apple, Commercially Prepared	0.12 pie 1 pie (1/8 of 9" pie)	14
Apples, raw, without skin	1.0 cups slices	14
Grapefruit, raw, pink and red, all areas	1.0 cups sections, with juice	14

Fast foods, croissant, with egg, cheese, and sausage	1.0 sandwich	14
Corn, sweet, yellow, canned, vacuum pack, regular pack	1.0 cups	13
Soybeans, mature seeds, sprouted, cooked, steamed	1.0 cups	11
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	1.0 muffin	11
Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	1.0 cups (1 NLEA serving)	10
Lemon juice, raw	1.0 cups	10
Salad dressing, thousand island dressing, reduced fat	1.0 tablespoon	10
Egg, yolk, raw, frozen, sugared, pasteurized	1.0 oz	9
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1.0 oz crunchy (about 21 pieces)	8
Pears, dried, sulfured, stewed, without added sugar	1.0 cups, halves	8
Soup, chicken, canned, chunky, ready-to-serve	1.0 cups	7
Sausage, turkey, fresh, raw	1.0 serving	6
Sausage, pork and turkey, pre-cooked	1.0 serving	6
Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	1.0 can (6 fl oz)	6
Kale, raw	1.0 cups	6
Cookies, oatmeal, commercially prepared, special dietary	1.0 oz	5
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1.0 cups	5
Applesauce, canned, sweetened, without salt	1.0 cups	5
Fast foods, croissant, with egg, cheese, and ham	1.0 item	5
Egg, whole, cooked, fried	1.0 large	5
Egg, whole, raw, fresh	1.0 large	4
Fast foods, biscuit, with egg and bacon	1.0 biscuit	4
Egg, whole, cooked, poached	1.0 large	4
Fast foods, english muffin, with egg, cheese, and canadian	1.0 sandwich	4
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	0.75 cups (1 NLEA serving)	4
Spices, cinnamon, ground	1.0 tsp	3
Fast Foods, biscuit, with egg and sausage	1.0 item	3
Bologna, chicken, turkey, pork	1.0 serving	3
Pears, raw	1.0 cups, slices	3
Cheese, swiss	1.0 cups, diced	3
Soup, chicken gumbo, canned, condensed	0.5 cups (4 fl oz)	3
Grapefruit juice, white, canned, sweetened	1.0 cups	2
Crackers, cheese, regular	0.5 oz	2
Cheese, pasteurized process, American, fortified with	1.0 oz	2
Broccoli, frozen, chopped, cooked, boiled, drained,	1.0 cups	2
Broccoli, frozen, chopped, unprepared	1.0 cups	2
Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	1.0 pastry	2
Spices, nutmeg, ground	1.0 tsp	1
Currants, zante, dried	1.0 cups	1
Pie, fried pies, fruit	1.0 oz	1
Cornmeal, whole-grain, white	1.0 cups	1
Egg, whole, cooked, omelet	1.0 tbsp	1

Cream puff, eclair, custard or cream filled, iced	4.0 oz	1
Chicken, skin (drumsticks and thighs), raw	4.0 oz	1
Soup, chicken noodle, dry, mix	1.0 packet	1
Muffin, blueberry, commercially prepared, low-fat	1.0 muffin small	1
Bread, pan dulce, sweet yeast bread	1.0 slice (average weight of 1 slice)	1
Salad dressing, mayonnaise type, regular, with salt	1.0 tbsp	1
Cake, cheesecake, commercially prepared	1.0 oz	1
Cake, coffeecake, cinnamon with crumb topping, dry mix,	1.0 oz	1
Cake, sponge, commercially prepared	1.0 oz	1
Salad dressing, mayonnaise, regular	1.0 tbsp	1
Bread, salvadoran sweet cheese (quesadilla salvadorena)	1.0 serving (approximate serving size)	1