



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

Description	Measure	Lycopene(µg)Per Measure
Tomato products, canned, puree, without salt added	1.0 cups	54385
Tomato products, canned, puree, with salt added	1.0 cups	54385
Tomato products, canned, sauce, with onions, green peppers, and celery	1.0 cups	46135
Tomato juice, canned, with salt added	1.0 cups	21960
Tomato juice, canned, without salt added	1.0 cups	21960
Vegetable juice cocktail, canned	1.0 cups	18011
Soup, tomato, canned, condensed, reduced sodium	1.0 serving 1/2 cups	13213
Soup, beef noodle, canned, condensed	0.5 cups	10634
Tomatoes, red, ripe, canned, stewed	1.0 cups	10424
Tomatoes, red, ripe, canned, packed in tomato juice	1.0 cups	6089
Grapefruit, raw, pink and red, all areas	1.0 cups sections, with juice	3264
Papayas, raw	1.0 cups 1" pieces	2651
Soup, chicken gumbo, canned, condensed	0.5 cups (4 fl oz)	1784
Soup, beef and vegetables, canned, ready-to-serve	1.0 cups	1560
Soup, black bean, canned, condensed	1.0 cups (8 fl oz)	1190
Salad dressing, thousand island dressing, reduced fat	1.0 tablespoon	465
Macaroni, vegetable, enriched, cooked	1.0 cups spiral shaped	328
Persimmons, japanese, raw	1.0 fruit (2-1/2" dia)	267
Soup, chicken, canned, chunky, ready-to-serve	1.0 cups	179
Salad dressing, russian dressing, low calorie	1.0 tablespoon	100
Asparagus, canned, drained solids	1.0 cups	58
Asparagus, frozen, cooked, boiled, drained, without salt	1.0 cups	43
Snacks, potato chips, barbecue-flavor	1.0 oz	37
Asparagus, cooked, boiled, drained	0.5 cups	27
Snacks, tortilla chips, low fat, made with olestra, nacho	1.0 oz	13
Sausage, turkey, fresh, raw	1.0 serving	6
Sausage, pork and turkey, pre-cooked	1.0 serving	6
Mangos, raw	1.0 cups pieces	5
Bologna, chicken, turkey, pork	1.0 serving	3
Orange juice, frozen concentrate, unsweetened,	1.0 cups	3
Salad dressing, sesame seed dressing, regular	1.0 tablespoon	2
Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	1.0 pastry	2
Cheese, swiss	1.0 cups, diced	1

Pie, Dutch Apple, Commercially Prepared	0.12 pie 1 pie (1/8 of 9" pie)	1
Carrots, raw	1.0 cups chopped	1
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	3.0 oz	1
Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	0.5 cups slices	1
Cookies, oatmeal, commercially prepared, special dietary	1.0 oz	1