

# Foods with Vitamin K

Below is a listing of foods with the highest amounts of vitamin K per specified portion.

FOODS	PORTION	VITAMIN K CONTENT* (MICROGRAMS)
Kale, frozen, cooked, boiled	1 cup	1147
Kale, cooked, boiled	1 cup	1062
Collards, frozen, chopped, cooked, boiled	1 cup	1059
Spinach, frozen, chopped or leaf, cooked, boiled	1 cup	1027
Spinach, canned	1 cup	988
Spinach, cooked, boiled	1 cup	889
Turnip greens, frozen, cooked, boiled	1 cup	851
Mustard greens, cooked, boiled	1 cup	830
Collards, cooked, boiled	1 cup	773
Beet greens, cooked, boiled	1 cup	697
Dandelion greens, cooked, boiled	1 cup	579
Turnip greens, cooked, boiled	1 cup	529
Brussels sprouts, frozen, cooked, boiled	1 cup	300
Broccoli, cooked, boiled	1 cup	220
Brussels sprouts, cooked, boiled	1 cup	219
Onions, spring or scallions (includes tops & bulb), raw	1 cup	207
Spinach souffle	1 cup	172
Lettuce, butterhead (includes boston and bibb ), raw	1 head	167
Parsley, fresh	10 sprigs	164
Cabbage, cooked, boiled	1 cup	163
Broccoli, frozen, chopped, cooked, boiled	1 cup	162
Noodles, egg, spinach, cooked, enriched	1 cup	162
Spinach, raw	1 cup	145
Asparagus, frozen, cooked, boiled	1 cup	144
Lettuce, iceberg (includes crisphead), raw	1 head	130
Endive, raw	1 cup	116
Fast foods, coleslaw	3/4 cup	102
Broccoli, raw	1 cup	89
Okra, frozen, cooked, boiled	1 cup	88
Miso	1 cup	81
Plums, dried (prunes), stewed	1 cup	65
Okra, cooked, boiled	1 cup	64

FOODS	PORTION	VITAMIN K CONTENT* (MICROGRAMS)
Peas, green (includes baby and lesuer), canned	1 cup	64
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled	1 cup	63
Beans, snap, green, canned	1 cup	60
Pie crust, cookie-type, prepared from recipe, graham cracker, baked	1 pie shell	59
Cabbage, chinese (pak-choi), cooked, boiled	1 cup	58
Celery, cooked, boiled	1 cup	57
Pickles, cucumber, dill or kosher dill	1 cup	56
Bread crumbs, dry, grated, seasoned	1 cup	55
Cabbage, raw	1 cup	53
Broccoli, cooked, boiled	1 spear	52
Rhubarb, frozen, cooked, with sugar	1 cup	51
Cucumber, with peel, raw	1 large	49
Lettuce, cos or romaine, raw	1 cup	48
Peas, edible-podded, frozen, cooked, boiled	1 cup	48
Spinach, raw	1 leaf	48
Cabbage, savoy, raw	1 cup	48
Asparagus, frozen, cooked, boiled	4 spears	48
Lettuce, green leaf, raw	1 cup	46
Cowpeas (blackeyes), immature seeds, cooked, boiled	1 cup	44
Vegetables, mixed, frozen, cooked, boiled	1 cup	43
Blueberries, frozen, sweetened	1 cup	41
Peas, edible-podded, boiled	1 cup	40
Pumpkin, canned	1 cup	39
Peas, green, frozen, cooked, boiled	1 cup	38
Fish, tuna, light, canned in oil, drained	3 oz	37
Carrot juice, canned	1 cup	37
Sauce, pasta, spaghetti/marinara, ready-to-serve	1 cup	37

\* Portions as well as vitamin K content as specified in the USDA National Nutrient Database for Standard Reference, Release 26, 2013. Based on a 2000-calorie diet. The FDA recommends 80 micrograms of vitamin K

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Mung beans, mature seeds, sprouted, raw	1 cup	34
Soybeans, mature cooked, boiled	1 cup	33
Broccoli, raw	1 spear	32
Onions, spring or scallions (includes tops & bulb), raw	1 whole	31
Sauerkraut, canned, solids and liquids	1 cup	31
Celery, raw	1 cup	30
Asparagus, cooked, boiled	4 spears	30
Tomato products, canned, paste	1 cup	30
Asparagus, canned	4 spears	30
Vegetables, mixed, canned	1 cup	30
Blackberries, raw	1 cup	29
Kiwifruit, green, raw	1 medium	28
Mung beans, mature seeds, sprouted, cooked, boiled	1 cup	28
Blueberries, raw	1 cup	28
Plums, dried (prunes), uncooked	5 prunes	28
Cabbage, red, raw	1 cup	27
Pie crust, standard-type, prepared from recipe, baked	1 pie shell	27
Leeks, (bulb & lower leaf-portion), cooked, boiled	1 cup	26
Muffins, blueberry, commercially prepared	1 muffin	26
Artichokes, (globe or french), cooked, boiled	1 cup	25
Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	1 cup	24
Soup, cream of mushroom, canned, prepared with equal volume water	1 cup	24
Salad dressing mayonnaise regular	1 tbsp	23
Grapes, red or green (European type), raw	1 cup	22
Spices, parsley, dried	1 tbsp	22
Pie, pecan, commercially prepared	1 piece	21
Cauliflower, frozen, cooked, boiled	1 cup	21

FOODS	PORTION	VITAMIN K CONTENT* (MICROGRAMS)
Carrots, cooked, boiled	1 cup	21
Pie, pecan, commercially prepared	1 piece	21
Cucumber, peeled, raw	1 large	20
Beans, snap, green, cooked, boiled	1 cup	20
Beans, snap, yellow, cooked, boiled	1 cup	20
Carrots, frozen, cooked, boiled	1 cup	20
Soup, chunky vegetable, canned, ready-to-serve	1 cup	19
Salad dressing, French dressing, commercial, regular	1 tbsp	19
Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	1 piece	19
Artichokes (globe or french), cooked, boiled	1 medium	18
Eclairs, custard-filled with chocolate glaze	1 éclair	18
Fast foods, potato, french fried in vegetable oil	1 large	17
Beans, snap, green, frozen, cooked, boiled	1 cup	17
Beans, snap, yellow, frozen, cooked, boiled	1 cup	17
Cauliflower, cooked, boiled	1 cup	17
Cucumber, with peel, raw	1 cup	17
Raspberries, frozen, red, sweetened	1 cup	16
Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	1 piece	16
Cauliflower, raw	1 cup	16
Salad dressing, home recipe, vinegar and oil	1 tbsp	16
Nuts, pine nuts, dried	1 oz	15
Beans, kidney, red, mature seeds, cooked, boiled	1 cup	15
Carrots, raw	1 cup	15
Fast foods, taco with beef, cheese and lettuce, hard shell	1 taco	11

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