

# Foods with Vitamin K

Below is a listing of some common foods and vitamin K content per specified portion.

FOODS	PORTION	VITAMIN K CONTENT* (MICROGRAMS)
Kale, frozen, chopped, boiled	1 cup	1147
Kale, chopped, boiled	1 cup	1062
Kale, chopped 1" pieces, raw	1 cup	113
Collards, frozen, chopped, boiled	1 cup	1059
Collards, chopped, boiled	1 cup	773
Spinach, frozen chopped or leaf, boiled	1 cup	1027
Spinach, canned	1 cup	988
Spinach, boiled	1 cup	889
Spinach, raw	1 cup	145
Turnip greens, frozen, boiled	1 cup	851
Turnip greens & turnips, frozen, boiled	1 cup	677
Turnip greens, chopped, boiled	1 cup	529
Turnip greens, canned	1 cup	413
Turnip greens, chopped, raw	1 cup	138
Mustard greens, chopped, boiled	1 cup	830
Mustard greens, frozen, chopped, boiled	1 cup	503
Mustard greens, chopped, raw	1 cup	144
Beet greens, 1" pieces, boiled	1 cup	697
Dandelion greens, chopped, boiled	1 cup	579
Dandelion greens, chopped, raw	1 cup	428
Chard, Swiss, chopped, boiled	1 cup	573
Chard, Swiss, raw	1 cup	299
Cress, garden, boiled	1 cup	518
Cress, garden, raw	1 cup	271
Watercress, chopped, raw	1 cup	85
Escarole, boiled	1 cup	318
Brussels sprouts, frozen, boiled	1 cup	300
Brussels sprouts, raw	1 cup	156
Broccoli, chopped, boiled	1 cup	220
Broccoli, frozen, chopped, boiled	1 cup	162
Broccoli, raw, chopped	1 cup	93

FOODS	PORTION	VITAMIN K CONTENT* (MICROGRAMS)
Onions, spring or scallions (tops & bulb), chopped, raw	1 cup	207
Parsley sprigs, fresh	10	164
Cabbage, shredded, boiled	1 cup	163
Cabbage, chopped, raw	1 cup	68
Cabbage, Chinese (pak-choi), boiled	1 cup	58
Cabbage, savoy, raw	1 cup	48
Cabbage, red, chopped, raw	1 cup	34
Noodles, egg, spinach, cooked, enriched	1 cup	162
Endive, raw	1 cup	116
Prunes (dried plums), pitted	1 cup	104
Prunes (dried plums), pitted, stewed	1 cup	65
Prunes (dried plums), raw	5	28
Radicchio, shredded, raw	1 cup	102
Okra, frozen, sliced, boiled	1 cup	88
Okra, sliced, boiled	1 cup	64
Miso	1 cup	81
Pickles, sweet (incl. bread & butter), chopped	1 cup	75
Pickles, sour	1 cup	73
Kiwifruit, green, sliced, raw	1 cup	73
Kiwifruit, green, raw	1 med	28
Soybeans, mature, sprouted, steamed	1 cup	66
Edamame, frozen, prepared	1 cup	41
Peas, green (baby and LeSueur), canned	1 cup	64
Peas, podded, frozen, boiled	1 cup	48
Peas, green, boiled	1 cup	41
Peas, podded, boiled	1 cup	40
Peas, green, raw	1 cup	36
Fish, tuna, light, canned in oil, drained	1 cup	64
Fish, tuna, light, canned in water, drained	1 cup	1

\* Portions as well as vitamin K content as specified in the USDA National Nutrient Database for Standard Reference, Release 28 (slightly revised), May 2016. Based on a 2000-calorie diet. The FDA recommends 80 micrograms of vitamin K.

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FOODS	PORTION	VITAMIN K CONTENT* (MICROGRAMS)
Beans, snap, green, frozen, microwaved	1 cup	64
Beans, snap, green or yellow, canned or boiled	1 cup	60
Beans, snap, green or yellow, frozen, boiled	1 cup	51
Beans, fava, in pod, raw	1 cup	52
Beans, kidney, red, mature seeds, boiled	1 cup	15
Cowpeas (blackeyes), immature seeds, frozen, boiled	1 cup	63
Cowpeas (blackeyes), immature seeds, boiled	1 cup	44
Celery, boiled, diced	1 cup	57
Celery, raw	1 cup	30
Lettuce, butterhead (Boston and bibb), chopped, raw	1 cup	56
Lettuce, cos or romaine, shredded, raw	1 cup	48
Lettuce, green leaf, shredded, raw	1 cup	46
Lettuce, red leaf, shredded, raw	1 cup	39
Lettuce, iceberg, shredded, raw	1 cup	17
Fennel, sliced, raw	1 cup	55
Peas & Carrots, frozen, boiled	10 oz	52
Rhubarb, frozen, cooked, with sugar	1 cup	51
Cucumber, with peel, raw	1 lg	49
Cucumber, peeled, raw	1 lg	20
Avocado, puree, raw	1 cup	48
Asparagus spears, frozen, boiled	4	48
Asparagus spears, canned, boiled	4	30
Asparagus spears, boiled	4	30
Vegetables, mixed, frozen, boiled	1 cup	43
Vegetables, mixed, canned	1 cup	30
Blueberries, frozen, sweetened	1 cup	41
Blueberries, raw	1 cup	29

FOODS	PORTION	VITAMIN K CONTENT* (MICROGRAMS)
Pumpkin, canned	1 cup	39
Mung beans, mature seeds, sprouted, raw	1 cup	34
Mung beans, mature seeds, sprouted, boiled	1 cup	28
Sauerkraut, canned, solids and liquids	1 cup	31
Blackberries, raw	1 cup	29
Leeks (bulb & lower leaf-portion), boiled	1 cup	26
Artichoke hearts (globe or French), boiled	1 cup	25
Artichokes (globe or French), boiled	1 med	18
Grapes, red or green (European type), raw	1 cup	22
Spices, parsley, dried	1 tbsp	22
Carrots, boiled, sliced	1 cup	21
Carrots, frozen, boiled, sliced	1 cup	20
Carrots, raw, grated	1 cup	15
Cauliflower, frozen, boiled	1 cup	21
Cauliflower, boiled	1 cup	17
Cauliflower, raw, chopped	1 cup	17
Raspberries, frozen, red, sweetened	1 cup	16
Nuts, pine nuts, dried	1 oz	15

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