

# Foods With Vitamin K





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*First edition*

**Developed by Allina Health.**

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For specific information about your health condition, please contact your health care provider.





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## Vitamin K Charts

The following charts list foods with vitamin K. Each food can be classified as high, medium, low or free, depending on the amount of vitamin K it contains. Vitamin K is measured in micrograms (mcg).

This information is important because when taking some medicines such as warfarin (Jantoven®) you need to watch what you eat and drink. Foods that are rich in vitamin K can affect the way some medicines work in your body. Vitamin K helps your blood make clots while warfarin thins your blood.

- **High:** 25 mcg or more
- **Medium:** 10 to 24.9 mcg
- **Low:** 5 to 9.9 mcg
- **Free:** less than 5 mcg

## Fruits

Food	Amount	Vitamin K Content (micrograms)
Apricots, canned, heavy syrup pack, with skin, solids and liquids	1 cup, halves	5.7
Apricots, canned, heavy syrup, drained	1 cup, halves	7.2
Apricots, canned, juice pack, with skin, solids and liquids	1 cup, halves	5.4
Apricots, canned, light syrup pack, with skin, solids and liquids	1 cup, halves	5.6
Apricots, canned, water pack, with skin, solids and liquids	1 cup, halves	5.3
Apricots, raw	1 cup, halves	5.1
Avocados, raw, all commercial varieties	1 cup, cubes	31.5
Avocados, raw, California	1 cup, puréed	48.3
Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	1 cup	94.6
Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	1 cup	94.6
Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	1 cup, ½-inch pieces	6
Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	1 cup, ½-inch pieces	6
Blackberries, canned, heavy syrup, solids and liquids	1 cup	34
Blackberries, frozen, unsweetened	1 cup, not thawed	29.9
Blackberries, raw	1 cup	28.5
Blackberries, wild, raw (Alaska Native)	1 cup	9.3
Blackberry juice, canned	1 cup	38
Blueberries, canned, heavy syrup, solids and liquids	1 cup	16.4

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Blueberries, canned, light syrup, drained	1 cup	48.6
Blueberries, dried, sweetened	¼ cup	23.8
Blueberries, frozen, sweetened	1 cup, thawed	40.7
Blueberries, frozen, unsweetened	1 cup, not thawed	25.4
Blueberries, raw	1 cup	28.6
Blueberries, wild, canned, heavy syrup, drained	1 cup	47.2
Boysenberries, frozen, unsweetened	1 cup, not thawed	10.3
Chayote, fruit, cooked, boiled, drained, with salt	1 cup, 1-inch pieces	7.5
Chayote, fruit, cooked, boiled, drained, without salt	1 cup, 1-inch pieces	7.5
Chayote, fruit, raw	1 cup, 1-inch pieces	5.4
Cherries, sour, canned, water pack, drained	1 cup	13.6
Cherries, sweet, frozen, sweetened	1 cup, thawed	5.4
Chokecherries, raw, pitted (Northern Plains Indians)	1 cup	32.5
Cranberries, raw	1 cup, chopped	5.5
Currants, red and white, raw	1 cup	12.3
Feijoa, raw	1 cup, puréed	8.5
Figs, canned, heavy syrup pack, solids and liquids	1 cup	13.7
Figs, canned, light syrup pack, solids and liquids	1 cup	10.6
Figs, canned, water pack, solids and liquids	1 cup	8.2
Figs, dried, stewed	1 cup	17.4
Figs, dried, uncooked	1 cup	23.2
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1 cup	6.4



<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	1 cup	6.2
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	1 cup	6.3
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	1 cup	6.2
Fruit cocktail, canned, heavy syrup, drained	1 cup	8.3
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	1 cup	6.6
Grapes, american type (slip skin), raw	1 cup	13.4
Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	1 cup	25.1
Grapes, canned, thompson seedless, water pack, solids and liquids	1 cup	24
Grapes, red or green (European type, such as Thompson seedless), raw	1 cup	22
Kiwifruit, green, raw	1 cup, sliced	72.5
Loganberries, frozen	1 cup, not thawed	11.5
Mangos, raw	1 cup, pieces	6.9
Mulberries, raw	1 cup	10.9
Nance, frozen, unsweetened	1 cup, without pits, thawed	13.3
Naranjilla (lulo) pulp, frozen, unsweetened	1 cup, thawed	17.5
Peaches, canned, heavy syrup, drained	1 cup	5.3
Peaches, dried, sulfured, stewed, without added sugar	1 cup	12.9

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Peaches, dried, sulfured, uncooked	1 cup, halves	25.1
Peaches, frozen, sliced, sweetened	1 cup, thawed	5.5
Pears, asian, raw	1 fruit, 2 ¼ inch (height) by 2 ½ inch (diameter)	5.5
Pears, dried, sulfured, stewed, without added sugar	1 cup, halves	25.2
Pears, dried, sulfured, uncooked	1 cup, halves	36.7
Pears, raw	1 cup, sliced	6.2
Pears, raw, bartlett	1 cup, sliced	5.3
Pears, raw, bosc	1 cup, sliced	7.3
Pears, raw, green anjou	1 cup, sliced	6
Pears, raw, red anjou	1 small	6.2
Plums, canned, heavy syrup, drained	1 cup, with pits, yields	11.7
Plums, canned, purple, heavy syrup pack, solids and liquids	1 cup, pitted	11.1
Plums, canned, purple, juice pack, solids and liquids	1 cup, pitted	10.8
Plums, canned, purple, light syrup pack, solids and liquids	1 cup, pitted	10.8
Plums, canned, purple, water pack, solids and liquids	1 cup, pitted	10.7
Plums, dried (prunes), stewed, without added sugar	1 cup, pitted	64.7
Plums, dried (prunes), uncooked	1 cup, pitted	103.5
Plums, raw	1 cup, sliced	10.6
Plums, wild (Northern Plains Indians)	1 cup	18
Pokeberry shoots, (poke), cooked, boiled, drained, with salt	1 cup	178.2
Pokeberry shoots, (poke), cooked, boiled, drained, without salt	1 cup	178.2
Pomegranates, raw	½ cup arils (seed and juice sacs)	14.3

Food	Amount	Vitamin K Content (micrograms)
Raisins, golden seedless	1 cup, packed	5.8
Raisins, seedless	1 cup, packed	5.8
Raspberries, canned, red, heavy syrup pack, solids and liquids	1 cup	13.3
Raspberries, frozen, red, sweetened	1 cup, thawed	16.2
Raspberries, frozen, unsweetened	1 cup, not thawed	10.9
Raspberries, raw	1 cup	9.6
Raspberries, wild (Northern Plains Indians)	1 cup	8.6
Rose Hips, wild (Northern Plains Indians)	1 cup	32.9

## Vegetables

Food	Amount	Vitamin K Content (micrograms)
Alfalfa seeds, sprouted, raw	1 cup	10.1
Amaranth leaves, raw	1 cup	319.2
Artichokes, (globe or french), cooked, boiled, drained, with salt	1 artichoke, medium	17.8
Artichokes, (globe or french), cooked, boiled, drained, without salt	1 artichoke, medium	17.8
Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	1 cup	21.2
Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	1 cup	21.2
Artichokes, (globe or french), raw	1 artichoke, medium	18.9
Asparagus, canned, drained solids	1 cup	99.9
Asparagus, canned, no salt added, solids and liquids	½ cup	47.6
Asparagus, cooked, boiled, drained	½ cup	45.5

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Asparagus, cooked, boiled, drained, with salt	½ cup	45.5
Asparagus, frozen, cooked, boiled, drained, with salt	1 cup	144
Asparagus, frozen, cooked, boiled, drained, without salt	1 cup	144
Asparagus, raw	1 cup	55.7
Beans, black turtle, mature seeds, canned	1 cup	5.5
Beans, black turtle, mature seeds, cooked, boiled, with salt	1 cup	6.1
Beans, black turtle, mature seeds, cooked, boiled, without salt	1 cup	6.1
Beans, black turtle, mature seeds, raw	1 cup	10.3
Beans, black, mature seeds, canned, low sodium	1 cup	5.5
Beans, black, mature seeds, cooked, boiled, with salt	1 cup	5.7
Beans, black, mature seeds, cooked, boiled, without salt	1 cup	5.7
Beans, black, mature seeds, raw	1 cup	10.9
Beans, fava, in pod, raw	1 cup	51.5
Beans, great northern, mature seeds, canned	1 cup	7.9
Beans, great northern, mature seeds, canned, low sodium	1 cup	7.9
Beans, great northern, mature seeds, raw	1 cup	11
Beans, kidney, all types, mature seeds, canned	1 cup	10.5
Beans, kidney, all types, mature seeds, cooked, boiled, with salt	1 cup	5.8
Beans, kidney, all types, mature seeds, cooked, boiled, without salt	1 cup	14.9
Beans, kidney, all types, mature seeds, raw	1 cup	35

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	1 cup, rinsed solids	9
Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	1 cup	10.5
Beans, kidney, red, mature seeds, canned, solids and liquids	1 cup	10.5
Beans, kidney, red, mature seeds, cooked, boiled, with salt	1 cup	14.9
Beans, kidney, red, mature seeds, cooked, boiled, without salt	1 cup	14.9
Beans, kidney, red, mature seeds, raw	1 cup	10.3
Beans, mung, mature seeds, sprouted, canned, drained solids	1 cup	16.8
Beans, navy, mature seeds, canned	1 cup	7.6
Beans, navy, mature seeds, raw	1 cup	5.2
Beans, pink, mature seeds, cooked, boiled, with salt	1 cup	6.3
Beans, pink, mature seeds, cooked, boiled, without salt	1 cup	6.3
Beans, pink, mature seeds, raw	1 cup	12
Beans, pinto, mature seeds, canned, solids and liquids	1 cup	5
Beans, pinto, mature seeds, canned, solids and liquids, low sodium	1 cup	5
Beans, pinto, mature seeds, cooked, boiled, with salt	1 cup	6
Beans, pinto, mature seeds, cooked, boiled, without salt	1 cup	6
Beans, pinto, mature seeds, raw	1 cup	10.8
Beans, shellie, canned, solids and liquids	1 cup	19.6
Beans, snap, green, canned, no salt added, drained solids	1 cup	59.5

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Beans, snap, green, canned, regular pack, drained solids	1 cup	52.5
Beans, snap, green, canned, regular pack, solids and liquids	1 cup	69.6
Beans, snap, green, cooked, boiled, drained, with salt	1 cup	59.9
Beans, snap, green, cooked, boiled, drained, without salt	1 cup	59.9
Beans, snap, green, frozen, all styles, microwaved	1 cup	64
Beans, snap, green, frozen, all styles, unprepared	1 cup	54.2
Beans, snap, green, frozen, cooked, boiled, drained without salt	1 cup	51.4
Beans, snap, green, frozen, cooked, boiled, drained, with salt	1 cup	51.4
Beans, snap, green, raw	1 cup, ½-inch pieces	43
Beans, snap, yellow, canned, no salt added, drained solids	1 cup	59.5
Beans, snap, yellow, canned, no salt added, solids and liquids	½ cup	37.4
Beans, snap, yellow, canned, regular pack, drained solids	1 cup	60.1
Beans, snap, yellow, canned, regular pack, solids and liquids	½ cup	37.4
Beans, snap, yellow, cooked, boiled, drained, with salt	1 cup	59.9
Beans, snap, yellow, cooked, boiled, drained, without salt	1 cup	59.9
Beans, snap, yellow, frozen, all styles, unprepared	1 cup	54.4
Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	1 cup	51.4
Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	1 cup	51.4
Beans, snap, yellow, raw	1 cup, ½-inch pieces	43.2

Food	Amount	Vitamin K Content (micrograms)
Beans, white, mature seeds, canned	1 cup	7.6
Beans, white, mature seeds, cooked, boiled, with salt	1 cup	6.3
Beans, white, mature seeds, cooked, boiled, without salt	1 cup	6.3
Beans, white, mature seeds, raw	1 cup	11.3
Beans, yellow, mature seeds, cooked, boiled, with salt	1 cup	6.2
Beans, yellow, mature seeds, cooked, boiled, without salt	1 cup	6.2
Beet greens, cooked, boiled, drained, with salt	1 cup, 1-inch pieces	697
Beet greens, cooked, boiled, drained, without salt	1 cup, 1-inch pieces	697
Beet greens, raw	1 cup	152
Broadbeans (fava beans), mature seeds, raw	1 cup	13.5
Broccoli raab, cooked	1 cup	217.6
Broccoli raab, raw	1 cup, chopped	89.6
Broccoli, chinese, cooked	1 cup	74.6
Broccoli, cooked, boiled, drained, with salt	½ cup, chopped	110.1
Broccoli, cooked, boiled, drained, without salt	½ cup, chopped	110.1
Broccoli, frozen, chopped, cooked, boiled, drained, with salt	1 cup	162.1
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1 cup	162.1
Broccoli, frozen, chopped, unprepared	1 cup	126.5
Broccoli, frozen, spears, cooked, boiled, drained, with salt	½ cup	91.5
Broccoli, frozen, spears, cooked, boiled, drained, without salt	½ cup	81.1
Broccoli, frozen, spears, unprepared	⅓ package (10 ounces)	96.3

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Broccoli, raw	1 cup, chopped	92.5
Brussels sprouts, cooked, boiled, drained, with salt	1 sprout	29.5
Brussels sprouts, cooked, boiled, drained, without salt	1 sprout	29.5
Brussels sprouts, frozen, cooked, boiled, drained, with salt	1 cup	299.9
Brussels sprouts, frozen, cooked, boiled, drained, without salt	1 cup	299.9
Brussels sprouts, raw	1 cup	155.8
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1 cup, shredded	57.8
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1 cup, shredded	57.8
Cabbage, chinese (pak-choi), raw	1 cup, shredded	31.8
Cabbage, chinese (pe-tsai), raw	1 cup, shredded	32.6
Cabbage, common, cooked, boiled, drained, with salt	½ cup, shredded	81.5
Cabbage, cooked, boiled, drained, without salt	½ cup, shredded	81.5
Cabbage, japanese style, fresh, pickled	1 cup	188.8
Cabbage, kimchi	1 cup	65.4
Cabbage, mustard, salted	1 cup	148
Cabbage, raw	1 cup, chopped	67.6
Cabbage, red, cooked, boiled, drained, with salt	1 leaf	10.5
Cabbage, red, cooked, boiled, drained, without salt	1 leaf	10.5
Cabbage, red, raw	1 cup, chopped	34
Cabbage, savoy, raw	1 cup, shredded	48.2
Carrot, dehydrated	1 cup	79.9
Carrots, canned, no salt added, drained solids	1 cup, sliced	14.3



<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Carrots, canned, no salt added, solids and liquids	½ cup, sliced	12.1
Carrots, canned, regular pack, drained solids	1 cup, sliced	14.3
Carrots, canned, regular pack, solids and liquids	½ cup, sliced	12.1
Carrots, frozen, cooked, boiled, drained, with salt	1 cup, sliced	19.9
Carrots, frozen, cooked, boiled, drained, without salt	1 cup, sliced	19.9
Carrots, frozen, unprepared	½ cup, sliced	11.3
Carrots, raw	1 cup, chopped	16.9
Cauliflower, cooked, boiled, drained, with salt	½ cup, 1-inch pieces	8.6
Cauliflower, cooked, boiled, drained, without salt	½ cup, 1-inch pieces	8.6
Cauliflower, frozen, cooked, boiled, drained, with salt	1 cup, 1-inch pieces	21.4
Cauliflower, frozen, cooked, boiled, drained, without salt	1 cup, 1-inch pieces	21.4
Cauliflower, frozen, unprepared	½ cup, 1-inch pieces	9.8
Cauliflower, green, cooked, no salt added	About ¼ head	18.7
Cauliflower, green, raw	1 cup	12.9
Cauliflower, raw	1 cup, chopped, ½-inch pieces	16.6
Celeriac, raw	1 cup	64
Celery, cooked, boiled, drained, with salt	1 cup, diced	56.7
Celery, cooked, boiled, drained, without salt	1 cup, diced	56.7
Celery, raw	1 cup, chopped	29.6
Chard, swiss, cooked, boiled, drained, with salt	1 cup, chopped	572.8
Chard, swiss, cooked, boiled, drained, without salt	1 cup, chopped	572.8
Chard, swiss, raw	1 cup	298.8
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	1 can, drained	8.6

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	1 can, drained, rinsed	8.6
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	1 cup	5.3
Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	1 cup	6.6
Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	1 cup	6.6
Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	1 cup	18
Chicory greens, raw	1 cup, chopped	86.3
Chrysanthemum, garland, cooked, boiled, drained, with salt	1 cup, 1-inch pieces	142.7
Chrysanthemum, garland, cooked, boiled, drained, without salt	1 cup, 1-inch pieces	142.7
Chrysanthemum, garland, raw	1 cup, 1-inch pieces	87.5
Collards, cooked, boiled, drained, with salt	1 cup, chopped	772.5
Collards, cooked, boiled, drained, without salt	1 cup, chopped	772.5
Collards, frozen, chopped, cooked, boiled, drained, with salt	1 cup, chopped	1059.4
Collards, frozen, chopped, cooked, boiled, drained, without salt	1 cup, chopped	1059.4
Collards, raw	1 cup, chopped	157.4
Coriander (cilantro) leaves, raw	¼ cup	12.4
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1 cup	43.9

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1 cup	62.6
Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	1 cup	8.4
Cowpeas, young pods with seeds, raw	1 cup	29.6
Cress, garden, cooked, boiled, drained, with salt	1 cup	517.6
Cress, garden, cooked, boiled, drained, without salt	1 cup	517.6
Cress, garden, raw	1 cup	271
Cucumber, peeled, raw	1 cup, pared, chopped	9.6
Cucumber, with peel, raw	½ cup, sliced	8.5
Dandelion greens, cooked, boiled, drained, with salt	1 cup, chopped	376.8
Dandelion greens, cooked, boiled, drained, without salt	1 cup, chopped	579
Dandelion greens, raw	1 cup, chopped	428.1
Drumstick leaves, cooked, boiled, drained, with salt	1 cup, chopped	45.4
Drumstick leaves, cooked, boiled, drained, without salt	1 cup, chopped	45.4
Edamame, frozen, prepared	1 cup	41.4
Edamame, frozen, unprepared	1 cup	37.1
Eggplant, pickled	1 cup	5
Endive, raw	½ cup, chopped	57.8
Escarole, cooked, boiled, drained, no salt added	1 cup	317.8
Fennel, bulb, raw	1 cup, sliced	54.6
Grape leaves, raw	1 cup	15.2
Hyacinth-beans, immature seeds, raw	1 cup	14.5
Jute, potherb, cooked, boiled, drained, with salt	1 cup	94
Jute, potherb, cooked, boiled, drained, without salt	1 cup	94

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Kale, cooked, boiled, drained, without salt	1 cup, chopped	1062.1
Kale, frozen, cooked, boiled, drained, with salt	1 cup, chopped	1146.6
Kale, frozen, cooked, boiled, drained, without salt	1 cup, chopped	1146.6
Kale, raw	1 cup, 1-inch pieces, loosely packed	112.8
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	1 leek	31.5
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1 leek	31.5
Leeks, (bulb and lower leaf-portion), raw	1 cup	41.8
Lentils, raw	1 cup	9.6
Lettuce, butterhead (includes boston and bibb types), raw	1 cup, shredded or chopped	56.3
Lettuce, cos or romaine, raw	1 cup, shredded	48.2
Lettuce, green leaf, raw	1 cup, shredded	45.5
Lettuce, iceberg (includes crisphead types), raw	1 cup, shredded	17.4
Lettuce, red leaf, raw	1 cup, shredded	39.3
Lima beans, immature seeds, canned, no salt added, solids and liquids	1 cup	8.9
Lima beans, immature seeds, cooked, boiled, drained, with salt	1 cup	10.5
Lima beans, immature seeds, cooked, boiled, drained, without salt	1 cup	10.5
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	1 cup	9.4
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1 cup	9.4

Food	Amount	Vitamin K Content (micrograms)
Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	1 cup	8.7
Lima beans, immature seeds, frozen, fordhook, unprepared	1 cup	8.5
Lima beans, immature seeds, raw	1 cup	8.7
Lima beans, large, mature seeds, raw	1 cup	10.7
Lima beans, thin seeded (baby), mature seeds, raw	1 cup	11.9
Mung beans, mature seeds, cooked, boiled, with salt	1 cup	5.5
Mung beans, mature seeds, cooked, boiled, without salt	1 cup	5.5
Mung beans, mature seeds, raw	1 cup	18.6
Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	1 cup	28.1
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1 cup	28.1
Mung beans, mature seeds, sprouted, raw	1 cup	34.3
Mustard greens, cooked, boiled, drained, with salt	1 cup, chopped	829.8
Mustard greens, cooked, boiled, drained, without salt	1 cup, chopped	829.8
Mustard greens, frozen, cooked, boiled, drained, with salt	1 cup, chopped or diced	502.6
Mustard greens, frozen, cooked, boiled, drained, without salt	1 cup, chopped	502.6
Mustard greens, raw	1 cup, chopped	144.2
Natto	1 cup	40.4
New zealand spinach, cooked, boiled, drained, with salt	1 cup, chopped	525.6
New Zealand spinach, cooked, boiled, drained, without salt	1 cup, chopped	525.6
New Zealand spinach, raw	1 cup, chopped	188.7
Nopales, cooked, without salt	1 cup	7.6

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Okra, cooked, boiled, drained, with salt	½ cup, sliced	32
Okra, cooked, boiled, drained, without salt	½ cup, sliced	32
Okra, frozen, cooked, boiled, drained, with salt	½ cup, sliced	44
Okra, frozen, cooked, boiled, drained, without salt	½ cup, sliced	44
Okra, frozen, unprepared	⅓ package (10 ounces)	46.9
Okra, raw	1 cup	31.3
Onions, spring or scallions (includes tops and bulb), raw	1 cup, chopped	207
Onions, yellow, sauteed	1 cup chopped	18.8
Onions, young green, tops only	1 tablespoon	9.4
Parsnips, raw	1 cup, sliced	29.9
Peas and carrots, canned, no salt added, solids and liquids	1 cup	33.4
Peas and carrots, frozen, cooked, boiled, drained, with salt	½ cup	15
Peas and carrots, frozen, cooked, boiled, drained, without salt	1 package (10 ounces), yields	52.3
Peas and onions, frozen, cooked, boiled, drained, with salt	1 cup	21.8
Peas and onions, frozen, cooked, boiled, drained, without salt	1 cup	21.8
Peas, edible-podded, boiled, drained, without salt	1 cup	40
Peas, edible-podded, cooked, boiled, drained, with salt	1.0 cup	40
Peas, edible-podded, frozen, cooked, boiled, drained, with salt	1 cup	48.3
Peas, edible-podded, frozen, cooked, boiled, drained, without salt	1 cup	48.3
Peas, edible-podded, raw	1 cup, chopped	24.5

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	1 cup	64.4
Peas, green, canned, no salt added, drained solids	½ cup	18.2
Peas, green, canned, no salt added, solids and liquids	½ cup	20.5
Peas, green, canned, regular pack, solids and liquids	½ cup	25.7
Peas, green, cooked, boiled, drained, with salt	1 cup	41.4
Peas, green, cooked, boiled, drained, without salt	1 cup	41.4
Peas, green, frozen, cooked, boiled, drained, with salt	½ cup	19.2
Peas, green, frozen, cooked, boiled, drained, without salt	½ cup	19.2
Peas, green, frozen, unprepared	1 cup	37.4
Peas, green, raw	1 cup	36
Peas, green, split, mature seeds, raw	1 cup	28.6
Peas, split, mature seeds, cooked, boiled, with salt	1 cup	9.8
Peas, split, mature seeds, cooked, boiled, without salt	1 cup	9.8
Pepper, banana, raw	1 cup	11.8
Peppers, hot chile, sun-dried	1 cup	40
Peppers, hot chili, green, canned, pods, not including seeds, solids and liquids	1 pepper	6.4
Peppers, hot chili, green, raw	1 pepper	6.4
Peppers, hot chili, red, canned, not including seeds, solids and liquids	1 pepper	6.4
Peppers, hot chili, red, raw	1 pepper	6.3
Peppers, hot pickled, canned	¼ cup, drained	7.4
Peppers, jalapeno, canned, solids and liquids	1 cup, chopped	17.5
Peppers, jalapeno, raw	1 cup, sliced	16.6

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Peppers, serrano, raw	1 cup, chopped	12.4
Peppers, sweet, green, cooked, boiled, drained, without salt	1 cup, chopped or strips	13.2
Peppers, sweet, green, raw	1 cup, chopped	11
Peppers, sweet, green, sauteed	1 cup chopped	24.5
Peppers, sweet, red, cooked, boiled, drained, without salt	1 cup, strips	6.9
Peppers, sweet, red, raw	1 cup, chopped	7.3
Peppers, sweet, red, sauteed	1 cup, chopped	17.4
Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	1 cup	30.3
Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	1 cup	30.3
Pigeonpeas, immature seeds, raw	1 cup	37
Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	10 fries	5.6
Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	1 cup, prepared	27.2
Potatoes, hash brown, home-prepared	1 cup	5.8
Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	1 cup, prepared	25.5
Potatoes, mashed, dehydrated, flakes without milk, dry form	1 cup	5.2
Potatoes, mashed, dehydrated, granules with milk, dry form	1 cup	17.4
Potatoes, mashed, dehydrated, granules without milk, dry form	1 cup	18
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1 cup	13.2
Potatoes, mashed, home-prepared, whole milk and margarine added	1 cup	12.6



<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Potatoes, mashed, ready-to-eat	1 cup	5.5
Potatoes, red, flesh and skin, baked	1 potato, large (3-inch to 4 ¼-inch diameter)	8.4
Potatoes, Russet, flesh and skin, baked	1 potato, large (3-inch to 4 ¼-inch diameter)	6
Potatoes, white, flesh and skin, baked	1 potato, large (3-inch to 4 ¼-inch diameter)	8.1
Pumpkin leaves, cooked, boiled, drained, with salt	1 cup	76.7
Pumpkin leaves, cooked, boiled, drained, without salt	1 cup	76.7
Pumpkin, canned, with salt	1 cup	39.2
Pumpkin, canned, without salt	1 cup	39.2
Radicchio, raw	1 cup, shredded	102.1
Radishes, oriental, dried	1 cup	5.2
Refried beans, canned, traditional style (includes USDA commodity)	1 cup	5
Refried beans, canned, traditional, reduced sodium	1 cup	5.5
Rhubarb, frozen, cooked, with sugar	1 cup	50.6
Rhubarb, frozen, uncooked	1 cup, diced	40.1
Rhubarb, raw	1 cup, diced	35.7
Sauerkraut, canned, solids and liquids	1 cup	18.5
Seaweed, kelp, raw	2 tablespoons (⅛ cup)	6.6
Seaweed, spirulina, dried	1 cup	28.6
Soybeans, mature cooked, boiled, without salt	1 cup	33
Soybeans, mature seeds, cooked, boiled, with salt	1 cup	33
Soybeans, mature seeds, dry roasted	1 cup	34.4
Soybeans, mature seeds, raw	1 cup	87.4
Soybeans, mature seeds, roasted, salted	1 cup	86.7
Soybeans, mature seeds, sprouted, cooked, steamed	1 cup	66.4

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Soybeans, mature seeds, sprouted, cooked, steamed, with salt	1 cup	31
Spinach, canned, no salt added, solids and liquids	1 cup	891.1
Spinach, canned, regular pack, drained solids	1 cup	987.8
Spinach, canned, regular pack, solids and liquids	1 cup	891.1
Spinach, cooked, boiled, drained, with salt	1 cup	888.5
Spinach, cooked, boiled, drained, without salt	1 cup	888.5
Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	½ cup	513.7
Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	½ cup	513.7
Spinach, frozen, chopped or leaf, unprepared	1 cup	580.3
Spinach, raw	1 cup	144.9
Squash, summer, all varieties, cooked, boiled, drained, with salt	1 cup, sliced	6.3
Squash, summer, all varieties, cooked, boiled, drained, without salt	1 cup, sliced	6.3
Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	1 cup, diced	5.9
Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	1 cup, sliced	7.9
Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	1 cup, sliced	7.9
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	1 cup, sliced	10.4

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	1 cup, sliced	10.4
Squash, summer, scallop, cooked, boiled, drained, without salt	1 cup, mashed	8.4
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1 cup, sliced	7.6
Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	1 cup	9.4
Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	1 cup	9.4
Squash, summer, zucchini, includes skin, raw	1 cup, chopped	5.3
Squash, winter, all varieties, cooked, baked, with salt	1 cup, cubes	9
Squash, winter, all varieties, cooked, baked, without salt	1 cup, cubes	9
Stinging Nettles, blanched (Northern Plains Indians)	1 cup	443.8
Sweet potato leaves, cooked, steamed, with salt	1 cup	69.5
Sweet potato leaves, cooked, steamed, without salt	1 cup	69.5
Sweet potato leaves, raw	1 cup, chopped	105.8
Sweet potato, canned, mashed	1 cup	6.1
Sweet potato, canned, syrup pack, drained solids	1 cup	5.1
Sweet potato, canned, vacuum pack	1 cup, mashed	5.6
Sweet potato, cooked, boiled, without skin	1 cup, mashed	6.9
Sweet potato, cooked, boiled, without skin, with salt	1 cup, mashed	6.9
Taro leaves, raw	1 cup	30.4
Tomato products, canned, paste, without salt added	¼ cup	7.5

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Tomato products, canned, puree, with salt added	1 cup	8.5
Tomato products, canned, puree, without salt added	1 cup	8.5
Tomato products, canned, sauce, with mushrooms	1 cup	9.3
Tomato products, canned, sauce, with onions, green peppers, and celery	1 cup	9.2
Tomatoes, crushed, canned	½ cup	6.4
Tomatoes, green, raw	1 cup	18.2
Tomatoes, red, ripe, canned, packed in tomato juice	1 cup	6.2
Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	1 cup	7
Tomatoes, red, ripe, canned, stewed	1 cup	6.1
Tomatoes, red, ripe, cooked	1 cup	6.7
Tomatoes, red, ripe, cooked, with salt	1 cup	6.7
Tomatoes, red, ripe, raw, year round average	1 cup cherry tomatoes	11.8
Tomatoes, sun-dried	1 cup	23.2
Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	1 cup	676.6
Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	1 cup	676.6
Turnip greens, canned, no salt added	1 cup	413.3
Turnip greens, cooked, boiled, drained, with salt	1 cup, chopped	529.3
Turnip greens, cooked, boiled, drained, without salt	1 cup, chopped	529.3
Turnip greens, frozen, cooked, boiled, drained, with salt	½ cup	425.5
Turnip greens, frozen, cooked, boiled, drained, without salt	1 cup	851
Turnip greens, raw	1 cup, chopped	138

Food	Amount	Vitamin K Content (micrograms)
Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	1 cup	33.1
Vegetables, mixed, canned, drained solids	1 cup	29.7
Vegetables, mixed, frozen, cooked, boiled, drained, with salt	½ cup	21.4
Vegetables, mixed, frozen, cooked, boiled, drained, without salt	½ cup	21.4
Watercress, raw	1 cup, chopped	85

## Nuts and Seeds

Food	Amount	Vitamin K Content (micrograms)
Nuts, cashew nuts, dry roasted, with salt added	1 cup, halves and whole	47.5
Nuts, cashew nuts, dry roasted, without salt added	1 cup, halves and whole	47.5
Nuts, cashew nuts, oil roasted, with salt added	1 cup, whole	44.8
Nuts, cashew nuts, oil roasted, without salt added	1 cup, whole	44.8
Nuts, cashew nuts, raw	1 ounce	9.7
Nuts, chestnuts, european, roasted	1 cup	11.2
Nuts, hazelnuts or filberts	1 cup, chopped	16.3
Nuts, mixed nuts, dry roasted, with peanuts, with salt added	1 cup	17.7
Nuts, mixed nuts, dry roasted, with peanuts, without salt added	1 cup	15.7
Nuts, mixed nuts, oil roasted, with peanuts, with salt added	1 cup	7.6
Nuts, mixed nuts, oil roasted, with peanuts, without salt added	1 cup	7.6
Nuts, mixed nuts, oil roasted, without peanuts, with salt added	1 cup	25.8

Food	Amount	Vitamin K Content (micrograms)
Nuts, pine nuts, dried	1 cup	72.8
Nuts, pistachio nuts, dry roasted, with salt added	1 cup	16.2
Nuts, pistachio nuts, dry roasted, without salt added	1 cup	16.2
Seeds, pumpkin and squash seed kernels, dried	1 cup	9.4
Seeds, pumpkin and squash seed kernels, roasted, with salt added	1 cup	5.3
Seeds, pumpkin and squash seed kernels, roasted, without salt	1 cup	5.3

## Protein

Food	Amount	Vitamin K Content (micrograms)
Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0 inch fat, all grades, cooked, roasted	1 roast (yield from 690 grams raw meat)	8
Beef, round, top round, steak, separable lean only, trimmed to 1/8 inch fat, all grades, cooked, broiled	1 ounce	5
Bockwurst, pork, veal, raw	1 sausage	63.9
Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	1 cup, chopped or diced	5.5
Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	1 cup, chopped or diced	5
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1 cup, chopped or diced	5.6
Chicken, broilers or fryers, thigh, meat only, cooked, stewed	1 cup, chopped or diced	5
Dove, cooked (includes squab)	1 cup, chopped or diced	5.6
Duck, domesticated, meat and skin, cooked, roasted	1 cup, chopped or diced	7.1

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Duck, domesticated, meat only, cooked, roasted	1 cup, chopped or diced	5.3
Fish, mackerel, Atlantic, raw	1 fillet	5.6
Fish, mackerel, salted	1 piece (5 ½ inches by 1 ½ inches by ½ inch)	6.2
Fish, tuna, light, canned in oil, drained solids	1 cup, solid or chunks	64.2
Fish, tuna, white, canned in oil, drained solids	3 ounces	5.9
Goose, domesticated, meat and skin, cooked, roasted	1 cup, chopped or diced	7.1
Lamb, domestic, foreshank, separable lean and fat, trimmed to ¼ inch fat, choice, cooked, braised	1 piece, cooked, not including refuse (yield from 1 pound raw meat with refuse)	6.4
Lamb, domestic, rib, separable lean only, trimmed to ¼ inch fat, choice, cooked, broiled	1 piece, cooked, not including refuse (yield from 1 pound raw meat with refuse)	6
Lambsquarters, cooked, boiled, drained, with salt	1 cup, chopped	889.6
Lambsquarters, cooked, boiled, drained, without salt	1 cup, chopped	889.6
Meatballs, frozen, Italian style	3 ounces	7
Mollusks, abalone, mixed species, raw	3 ounces	19.6
Pheasant, cooked, total edible	1 cup, chopped or diced	6.9
Soybean, curd cheese	1 cup	10.4
Tofu yogurt	1 cup	9.2
Turkey and pork sausage, fresh, bulk, patty or link, cooked	1 cup, cooked	7.4
Turkey, all classes, back, meat and skin, cooked, roasted	1 cup, chopped or diced	6.3
Veal, composite of trimmed retail cuts, separable lean and fat, cooked	3 ounces	5.6
Veal, composite of trimmed retail cuts, separable lean only, cooked	3 ounces	5.6
Veal, leg (top round), separable lean and fat, cooked, braised	3 ounces	6

Food	Amount	Vitamin K Content (micrograms)
Veal, loin, separable lean and fat, cooked, braised	3 ounces	6
Veal, loin, separable lean only, cooked, braised	3 ounces	6
Veal, rib, separable lean and fat, cooked, braised	3 ounces	6
Veal, rib, separable lean only, cooked, braised	3 ounces	6
Veal, shoulder, blade, separable lean and fat, cooked, braised	3 ounces	5.6
Veal, shoulder, blade, separable lean only, cooked, braised	3 ounces	5.8
Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	3 ounces	5
Veal, sirloin, separable lean and fat, cooked, roasted	3 ounces	5.6
Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm	3 ounces	12.5

## Fats, Oils and Salad Dressings

Food	Amount	Vitamin K Content (micrograms)
Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	1 tablespoon	5.2
Margarine Spread, about 48% fat, tub	1 tablespoon	14.2
Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	1 tablespoon	10.5
Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated ), for flaky pastries	1 tablespoon	14.9
Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	1 tablespoon	10.5



<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Margarine, regular, 80% fat, composite, stick, with salt	1 tablespoon	13
Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	1 tablespoon	13
Margarine, regular, 80% fat, composite, stick, without salt	1 tablespoon	13.2
Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	1 tablespoon	13
Margarine, regular, 80% fat, composite, tub, with salt	1 tablespoon	13
Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	1 tablespoon	12.8
Margarine, regular, 80% fat, composite, tub, without salt	1 tablespoon	13
Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	1 tablespoon	6
Margarine-like spread with yogurt, 70% fat, stick, with salt	1 tablespoon	13
Margarine-like spread with yogurt, about 40% fat, tub, with salt	1 tablespoon	13
Margarine-like spread, Benecol® Light Spread	1 tablespoon	7.9
Margarine-like spread, Smart Balance® Light Buttery Spread	1 tablespoon	6.6
Margarine-like spread, Smart Balance® Omega Plus Spread (with plant sterols and fish oil)	1 tablespoon	7.4
Margarine-like spread, Smart Balance® Regular Buttery Spread with flax oil	1 tablespoon	7.8
Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	1 tablespoon	14.2
Margarine-like, butter-margarine blend, 80% fat, stick, without salt	1 tablespoon	9.9

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Margarine-like, margarine-butter blend, soybean oil and butter	1 tablespoon	12.2
Margarine-like, vegetable oil spread, 20% fat, with salt	1 tablespoon	10.6
Margarine-like, vegetable oil spread, 20% fat, without salt	1 tablespoon	11.9
Margarine-like, vegetable oil spread, 60% fat, stick, with salt	1 tablespoon	14.5
Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	1 tablespoon	14.2
Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	1 tablespoon	14.5
Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	1 tablespoon	14.2
Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	1 tablespoon	14.2
Margarine-like, vegetable oil spread, 60% fat, tub, with salt	1 tablespoon	14.2
Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	1 tablespoon	14.2
Margarine-like, vegetable oil spread, about 37% fat, unspecified oils, with salt, with added vitamin D	1 tablespoon	11.1
Margarine-like, vegetable oil spread, stick or tub, sweetened	1 tablespoon	13
Margarine-like, vegetable oil spread, unspecified oils, about 37% fat, with salt	1 tablespoon	11.1
Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	1 tablespoon	8.1
Margarine-like, vegetable oil-butter spread, tub, with salt	1 tablespoon	6.5

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Mayonnaise, made with tofu	1 tablespoon	8
Mayonnaise, reduced fat, with olive oil	1 tablespoon	8.1
Oil, canola	1 tablespoon	10
Oil, corn and canola	1 tablespoon	5.9
Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	1 tablespoon	9.7
Oil, industrial, canola for salads, woks and light frying	1 tablespoon	9.7
Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	1 tablespoon	16.6
Oil, industrial, canola, high oleic	1 tablespoon	10
Oil, industrial, soy, fully hydrogenated	1 tablespoon	25
Oil, industrial, soy, low linolenic	1 tablespoon	25.7
Oil, industrial, soy, refined, for woks and light frying	1 tablespoon	25
Oil, industrial, soy, ultra low linolenic	1 tablespoon	25
Oil, olive, salad or cooking	1 tablespoon	8.1
Oil, soybean lecithin	1 tablespoon	25
Oil, soybean, salad or cooking	1 tablespoon	25
Salad dressing, bacon and tomato	1 tablespoon	10.4
Salad dressing, blue or roquefort cheese dressing, commercial, regular	1 tablespoon	12.9
Salad dressing, blue or roquefort cheese dressing, light	1 tablespoon	14.6
Salad dressing, buttermilk, lite	1 tablespoon	5.2
Salad dressing, caesar dressing, regular	1 tablespoon	15.4
Salad dressing, coleslaw dressing, reduced fat	1 tablespoon	6.7

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Salad dressing, french dressing, commercial, regular	1 tablespoon	19.4
Salad dressing, french dressing, commercial, regular, without salt	1 tablespoon	18.2
Salad dressing, green goddess, regular	1 tablespoon	14.5
Salad dressing, home recipe, vinegar and oil	1 tablespoon	15.8
Salad dressing, honey mustard, regular	2 tablespoons	21
Salad dressing, Italian dressing, commercial, regular	1 tablespoon	8.2
Salad dressing, Italian dressing, commercial, regular, without salt	1 tablespoon	8.2
Salad dressing, Kraft Mayo Light Mayonnaise	1 tablespoon	23.3
Salad dressing, mayonnaise type, regular, with salt	1 tablespoon	6.2
Salad dressing, mayonnaise, imitation, soybean	1 tablespoon	6.3
Salad dressing, mayonnaise, imitation, soybean without cholesterol	1 tablespoon	6
Salad dressing, mayonnaise, light	1 tablespoon	8.1
Salad dressing, mayonnaise, light, Smart Balance®, Omega Plus light	1 tablespoon	9.2
Salad dressing, mayonnaise, regular	1 tablespoon	22.5
Salad dressing, peppercorn dressing, commercial, regular	1 tablespoon	16.8
Salad dressing, poppyseed, creamy	2 tablespoons	16.6
Salad dressing, ranch dressing, reduced fat	1 tablespoon	5.2
Salad dressing, ranch dressing, regular	1 tablespoon	20.1
Salad dressing, Russian dressing	1 tablespoon	8.1

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Salad dressing, sesame seed dressing, regular	1 tablespoon	8.4
Salad dressing, sweet and sour	1 tablespoon	6.3
Salad dressing, thousand island, commercial, regular	1 tablespoon	11.1
Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	1 tablespoon	5.5
Shortening confectionery, coconut (hydrogenated) and/or palm kernel (hydrogenated)	1 tablespoon	5.5
Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	1 tablespoon	5.5
Shortening industrial, soybean (hydrogenated) and cottonseed	1 tablespoon	5.5
Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	1 tablespoon	5.5
Shortening, industrial, soy (partially hydrogenated ) and corn for frying	1 tablespoon	5.5
Shortening, industrial, soy (partially hydrogenated ) for baking and confections	1 tablespoon	5.5
Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	1 tablespoon	5.5
Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	1 tablespoon	5.5
Shortening, vegetable, household, composite	1 tablespoon	6.8
USDA Commodity Food, oil, vegetable, low saturated fat	1 tablespoon	26.9
USDA Commodity Food, oil, vegetable, soybean, refined	1 tablespoon	25
Vegetable oil-butter spread, reduced calorie	1 tablespoon	7.9

## Condiments, Seasonings and Sauces

Food	Amount	Vitamin K Content (micrograms)
Basil, fresh	5 leaves	10.4
Chives, raw	1 tablespoon chopped	6.4
Miso	1 tablespoon	5
Parsley, fresh	1 cup chopped	984
Pickle relish, sweet	1 tablespoon	12.6
Pickles, chowchow, with cauliflower onion mustard, sweet	1 cup	150.9
Pickles, cucumber, dill or kosher dill	1 spear, small	6.1
Pickles, cucumber, dill, reduced sodium	1 spear, small	6.1
Pickles, cucumber, sour	1 cup	72.8
Pickles, cucumber, sour, low sodium	1 cup, chopped or diced	67.2
Pickles, cucumber, sweet (includes bread and butter pickles)	1 cup, chopped	75.4
Salad dressing, coleslaw	1 tablespoon	10.2
Sauce, horseradish	1 teaspoon	5.1
Sauce, pasta, spaghetti/marinara, ready-to-serve	½ cup	18.3
Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	½ cup	17.8
Sauce, pesto, Buitoni®, pesto with basil, ready-to-serve, refrigerated	¼ cup	95.2
Sauce, pesto, Classico®, basil pesto, ready-to-serve	¼ cup	120.2
Sauce, pesto, ready-to-serve, refrigerated	¼ cup	95.2
Sauce, pesto, ready-to-serve, shelf stable	¼ cup	118.2
Sauce, tartar, ready-to-serve	2 tablespoons	15.1
Spices, basil, dried	1 teaspoon, leaves	12

Food	Amount	Vitamin K Content (micrograms)
Spices, coriander leaf, dried	1 teaspoon	8.2
Spices, oregano, dried	1 teaspoon, leaves	6.2
Spices, parsley, dried	1 teaspoon	6.8
Spices, poultry seasoning	1 teaspoon	12.1
Spices, sage, ground	1 teaspoon	12
Spices, thyme, dried	1 teaspoon, leaves	17.1
Syrups, chocolate, fudge-type	1 cup	7.6
Tomato products, canned, sauce	1 cup	6.9
Tomato sauce, canned, no salt added	1 cup	6.9

## Beverages and Nutrition Supplements

Food	Amount	Vitamin K Content (micrograms)
Beverage, instant breakfast powder, chocolate, not reconstituted	1 tablespoon	6.7
Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	1 tablespoon	6.7
Beverages, Abbott Nutrition, Ensure <sup>®</sup> , nutritional shake, ready-to-drink	8 ounces	21.3
Beverages, acai berry drink, fortified	8 ounces	44.4
Beverages, chocolate drink, milk and soy based, ready-to-drink, fortified	8 ounces	40.1
Beverages, Kellogg's, Special K <sup>®</sup> Protein Shake	1 serving	18.9
Beverages, Nestlé, BOOST Plus <sup>®</sup> , nutritional drink, ready-to-drink	1 bottle	29.2
Beverages, nutritional shake mix, high protein, powder	1 tablespoon	12.5
Beverages, SlimFast <sup>™</sup> , meal replacement, high protein shake, ready-to-drink, 3-2-1 Plan	1 bottle	19.2

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Beverages, SlimFast™, meal replacement, regular, ready-to-drink, 3-2-1 Plan	1 bottle	19.2
Beverages, SlimFast™, shake mix, powder, 3-2-1 Plan	1 scoop	25
Beverages, whey protein powder isolate	3 scoops	40
Carrot juice, canned	1 cup	36.6
Cranberry juice, unsweetened	1 cup	12.9
Formulated bar, SlimFast™, meal bar, milk chocolate peanut	1 bar	71.1
Fruit juice smoothie, Bolthouse Farms®, Green Goodness®	1 cup	6
Fruit juice smoothie, Naked® juice, Green Machine®	1 cup	58.3
Pomegranate juice, bottled	1 cup	25.9
Prune juice, canned	1 cup	8.7
Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	1 cup	5.6
Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	1 cup	8.7
Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	1 cup	8.7
Soymilk, chocolate, unfortified	1 cup	7.3
Soymilk, chocolate, with added calcium, vitamins A and D	1 cup	7.3
Soymilk, original and vanilla, unfortified	1 cup	7.3
Soymilk, original and vanilla, with added calcium, vitamins A and D	1 cup	7.3
Tomato and vegetable juice, low-sodium	1 cup	12.8
Tomato juice, canned, with salt added	1 cup	5.6
Tomato juice, canned, without salt added	1 cup	5.6



Food	Amount	Vitamin K Content (micrograms)
Vegetable juice cocktail, canned	1 cup	15.4
Vegetable juice cocktail, low-sodium, canned	1 cup	15.5
Vegetable juice, Bolthouse Farms®, Daily Greens	1 cup	31.5
Vegetable smoothie, Naked® juice, Kale Blazer™	1 cup	722.8

## Soups, Noodles, Breads and Other

Food	Amount	Vitamin K Content (micrograms)
Beef stew, canned, entrée	1 cup	12.2
Bread crumbs, dry, grated, seasoned	1 ounce	13
Bread, cheese	1 slice	15.6
Bread, roll, Mexican, bollilo	1 piece	10.7
Bread, Salvadoran sweet cheese (quesadilla Salvadorena)	1 serving	6.2
Buckwheat flour, whole-grout	1 cup	8.4
Campbell's®, Cream of Mushroom Soup, condensed	½ cup	29
Cereals, ready-to-eat, granola, homemade	1 cup	6.5
Cereals, ready-to-eat, Nature's Path™, Organic Flax Plus®, Pumpkin Flax Granola	¾ cup	14.4
Cereals, ready-to-eat, Post®, Great Grains®, Blueberry Morning	1 ¼ cup	7
Chickpea flour (besan)	1 cup	8.4
Crackers, toast thins, low-sodium	1 serving	8.6
Crackers, whole-wheat	1 serving	7.6
Garlic bread, frozen	1 slice	12.7
Noodles, egg, spinach, enriched, cooked	1 cup	161.8
Potato salad with egg	½ cup	17.9

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Potato soup, instant, dry mix	1/3 cup	5.4
Rye flour, dark	1 cup	7.6
Rye flour, light	1 cup	6
Rye flour, medium	1 cup	6
Rye grain	1 cup	10
Sorghum flour, whole-grain	1 cup	7.7
Soup, bean and ham, canned, reduced-sodium, prepared with water or ready-to-serve	1 cup	12.5
Soup, beef and mushroom, low-sodium, chunk style	1 cup	8.8
Soup, beef and vegetables, canned, ready-to-serve	1 cup	15
Soup, beef stroganoff, canned, chunky style, ready-to-serve	1 cup	246.7
Soup, broccoli cheese, canned, condensed, commercial	1/2 cup	62.7
Soup, cheese, canned, condensed	1/2 cup	5.8
Soup, chicken and vegetable, canned, ready-to-serve	1 cup	5.6
Soup, chicken gumbo, canned, condensed	1/2 cup	7.2
Soup, chicken gumbo, canned, prepared with equal amount water	1 cup	6.3
Soup, chicken noodle, reduced-sodium, canned, ready-to-serve	1 cup	5.6
Soup, chicken rice, canned, chunky, ready-to-serve	1 cup	17.3
Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	1 cup	5.6
Soup, chicken, canned, chunky, ready-to-serve	1 cup	6.1
Soup, chili beef, canned, condensed	1 cup	8.4
Soup, chunky beef, canned, ready-to-serve	1 cup	7.6

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Soup, chunky chicken noodle, canned, ready-to-serve	1 can	9
Soup, chunky vegetable, canned, ready-to-serve	1 cup	18.6
Soup, chunky vegetable, reduced-sodium, canned, ready-to-serve	1 cup	14.9
Soup, clam chowder, Manhattan style, canned, chunky, ready-to-serve	1 cup	7.9
Soup, clam chowder, Manhattan, canned, condensed	½ cup	6.9
Soup, clam chowder, Manhattan, canned, prepared with equal amount water	1 cup	6.7
Soup, clam chowder, New England, reduced-sodium, canned, ready-to-serve	1 can	42.6
Soup, cream of asparagus, canned, condensed	½ cup	27.7
Soup, cream of celery, canned, condensed	½ cup	21.7
Soup, cream of chicken, canned, condensed	½ cup	5.2
Soup, cream of chicken, dry, mix, prepared with water	1 cup	14.6
Soup, cream of mushroom, canned, condensed	½ cup	24.7
Soup, cream of mushroom, canned, prepared with equal amount 2% milk	1 cup	24.2
Soup, cream of mushroom, canned, prepared with equal amount water	1 cup	23.8
Soup, cream of vegetable, dry, powder	1 packet	5.9
Soup, minestrone, canned, chunky, ready-to-serve	1 cup	7.7
Soup, minestrone, canned, condensed	½ cup	9.6
Soup, minestrone, canned, reduced sodium, ready-to-serve	1 cup	14.2

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Soup, pea, split with ham, canned, chunky, ready-to-serve	1 cup	18
Soup, ramen noodle, any flavor, dry	1 package (without flavor packet)	7.2
Soup, ramen noodle, beef flavor, dry	1 package (without flavor packet)	7.4
Soup, vegetable beef, canned, condensed	½ cup	7.1
Soup, vegetable beef, canned, prepared with equal amount water	1 cup	6.8
Soup, vegetable chicken, canned, prepared with water, low-sodium	1 cup	14.9
Soup, vegetable soup, condensed, low-sodium, prepared with equal amount water	1 cup	5.3
Soup, vegetable, canned, low-sodium, condensed	½ cup	5.3
Soup, vegetarian vegetable, canned, condensed	½ cup	5.3
Soup, vegetarian vegetable, canned, prepared with equal amount water	1 cup	5.1
Soy flour, full-fat, raw	1 cup, stirred	58.8
Soy flour, full-fat, roasted	1 cup, stirred	60.4
Spaghetti, spinach, dry	2 ounces	86.4
Spelt, uncooked	1 cup	6.3
Spinach soufflé	1 cup	172
Split pea soup, canned, reduced-sodium, prepared with water or ready-to serve	1 cup	91.3
Split pea with ham soup, canned, reduced-sodium, prepared with water or ready-to-serve	1 cup	6.4
Stew, dumpling with mutton (Navajo)	1 serving	5.2
Stew, mutton, corn, squash (Navajo)	1 serving	5.5

Food	Amount	Vitamin K Content (micrograms)
Vermicelli, made from soy	1 cup	5.3

## Sweets and Baked Goods

Food	Amount	Vitamin K Content (micrograms)
Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	1/12 of a cake	39.9
Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	1/12 of a cake	36.1
Candies, confectioner's coating, butterscotch	1 cup, chips	11
Candies, confectioner's coating, peanut butter	1 cup, chips	12.3
Candies, confectioner's coating, yogurt	1 cup, chips	16
Candies, MARS®, Chocolate Almond Bar	1 bar	5.4
Candies, MARS®, Twix®	2 cookie bars	9.5
Candies, milk chocolate coated peanuts	1 cup	6
Candies, Toblerone®, Swiss Milk Chocolate with Honey and Almond Nougat	1 bar	6.8
Candies, white chocolate	1 bar	7.7
Cinnamon buns, frosted (includes Little Debbie® Honey Buns)	1 bun	9.9
Cookies, chocolate sandwich, with crème filling, reduced-fat	1 cookie	5.4
Cookies, chocolate sandwich, with crème filling, regular	3 cookies	9.9
Cookies, gluten-free, chocolate sandwich, with crème filling	3 cookies	11.3
Cookies, peanut butter, commercially prepared, sugar-free	3 cookies	10.1
Cookies, sugar, prepared from recipe, made with margarine	1 ounce	7.3

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Cookies, vanilla wafers, higher fat	8 wafers	8.7
Cream puff shell, prepared from recipe	1 ounce	6.9
Cream puff, eclair, custard or cream-filled, iced	4 ounces	7.6
Desserts, apple crisp, prepared from recipe	½ cup	5.8
Desserts, mousse, chocolate, prepared from recipe	1 recipe yield	12.9
Ice cream bar, stick or nugget, with crunch coating	26 pieces	21.2
Light ice cream, soft serve, blended with cookie pieces	12 fluid ounces	11.1
Muffins, blueberry, commercially prepared (includes mini muffins)	1 ounce	11.1
Pastry, Pastelitos de Guava (guava pastries)	1 piece	10.8
Pie crust, cookie-type, chocolate, ready crust	1 crust	33.1
Pie crust, cookie-type, graham cracker, ready crust	1 ounce	6.2
Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	⅛ of 9-inch crust	7.3
Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	1 cup	43.9
Pie crust, deep dish, frozen, baked, made with enriched flour	1 crust	33.7
Pie crust, deep dish, frozen, unbaked, made with enriched flour	1 crust	33.8
Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	1 crust	12
Pie fillings, blueberry, canned	1 serving	5.9
Pie, chocolate cream, commercially prepared	1 serving	11.4

Food	Amount	Vitamin K Content (micrograms)
Pie, Dutch apple, commercially prepared	1/8 of 9-inch pie	21.5
Toaster pastries, fruit, frosted (includes apples, blueberry, cherry, strawberry)	1 piece	10.3

## Convenience Foods and Snack Foods

Food	Amount	Vitamin K Content (micrograms)
Beef macaroni with tomato sauce, frozen entrée, reduced-fat	1 serving	7
Beef pot pie, frozen entrée, prepared	1 pie, cooked	7.2
Biscuits, plain or buttermilk, dry mix	1 cup, purchased	7.8
Breakfast bars, oats, sugar, raisins, coconut (includes granola bars)	1 bar	6.8
Burrito, bean and cheese, frozen	1 burrito	9.8
Burrito, beef and bean, frozen	1 burrito	9.5
Burrito, beef and bean, microwaved	1 burrito	8.7
Cheese food, pasteurized process, American, imitation, without added vitamin D	1 ounce	10.4
Chicken patty, frozen, uncooked	1 patty	6.7
Chicken pot pie, frozen entrée, prepared	1 pie	32.3
Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	1 serving	8.7
Chicken, nuggets, white meat, precooked, frozen, not reheated	1 serving	8.2
Chili con carne with beans, canned entrée	1 cup	11.1
Chili with beans, microwavable bowls	1 cup	9.5
Chili, no beans, canned entrée	1 cup	5.3
Crackers, cheese, sandwich-type with cheese filling	6 crackers	8

Food	Amount	Vitamin K Content (micrograms)
Crackers, cream, Gamesa® Sabrosas®	11 crackers	5.5
Crackers, multigrain	4 crackers	5
Crackers, standard snack-type, regular	5 crackers	11.1
Crackers, wheat, reduced-fat	1 serving	7.2
DIGIORNO® pizza, cheese topping, cheese stuffed crust, frozen, baked	¼ of pie	13.8
DIGIORNO® pizza, cheese topping, rising crust, frozen, baked	¼ of pie	12.6
DIGIORNO® pizza, cheese topping, thin crispy crust, frozen, baked	¼ of pie	6.8
DIGIORNO® pizza, pepperoni topping, cheese stuffed crust, frozen, baked	¼ of pie	14
DIGIORNO® pizza, pepperoni topping, rising crust, frozen, baked	¼ of pie	15.7
DIGIORNO® pizza, pepperoni topping, thin crispy crust, frozen, baked	¼ of pie	7.2
DIGIORNO® pizza, supreme topping, rising crust, frozen, baked	¼ of pie	17.3
DIGIORNO® pizza, supreme topping, thin crispy crust, frozen, baked	¼ of pie	8.8
Dip, salsa con queso, cheese and salsa, medium	2 tablespoons	5.3
Dumpling, potato- or cheese-filled, frozen	3 pieces pierogies	9
Egg rolls, chicken, refrigerated, heated	1 roll	19
Egg rolls, pork, refrigerated, heated	1 roll	19.2
Egg rolls, vegetable, frozen, prepared	1 roll	26.8



Food	Amount	Vitamin K Content (micrograms)
Formulated bar, LUNA <sup>®</sup> , Nutz Over Chocolate <sup>®</sup>	1 bar	19.6
Formulated bar, MARS <sup>®</sup> , Snickers <sup>®</sup> MARATHON <sup>®</sup> Protein Performance Bar, caramel nut rush	1 bar	8.3
HOT POCKETS <sup>®</sup> , stuffed sandwich, Italian Style Meatballs & Mozzarella, frozen	1 hot pocket	13.7
Hush puppies, prepared from recipe	1 ounce	6.7
Lasagna with meat and sauce, frozen entrée	1 piece	7.9
Lasagna with meat sauce, frozen, prepared	1 piece	8.6
Lasagna, cheese, frozen, prepared	1 cup	20.5
Lasagna, cheese, frozen, unprepared	1 cup	7.3
Lasagna, vegetable, frozen, baked	1 serving	40.4
Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	1 cup	12.7
Macaroni and cheese, frozen entrée	1 cup	7
Muffins, blueberry, toaster-type	1 ounce	5.5
Muffins, blueberry, toaster-type, toasted	1 ounce	5.9
Onion rings, breaded, par-fried, frozen, prepared, heated in oven	1 cup	16.4
Pasta mix, Italian lasagna, unprepared	1 package	18.2
Pizza, cheese topping, regular crust, frozen, cooked	1/9 of pizza (24-ounce package)	5.3
Pizza, cheese topping, rising crust, frozen, cooked	1/6 of pizza (29 1/4-ounce package)	10.4
Pizza, meat and vegetable topping, regular crust, frozen, cooked	1/5 of pizza (24 1/4-ounce package)	11.7

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Pizza, meat and vegetable topping, rising crust, frozen, cooked	1/6 of pizza (35-ounce package)	11.4
Pizza, meat topping, thick crust, frozen, cooked	1/8 of 12-inch pizza	7.8
Pizza, pepperoni topping, regular crust, frozen, cooked	1/4 of 12-inch pizza	9
Potsticker or wonton, pork and vegetable, frozen, unprepared	5 pieces	79.8
Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrées	1 cup	25.6
Ravioli, cheese-filled, canned	1 cup	5.6
Rice bowl with chicken, frozen entrée, prepared (includes fried, teriyaki, and sweet and sour)	1 bowl	12.9
Rice mix, cheese flavor, dry mix, unprepared	1/4 cup, dry rice mix	11.7
School lunch, chicken nuggets, whole-grain, breaded	5 pieces	9.2
School lunch, pizza, cheese topping, thick crust, whole-grain, frozen, cooked	1/10 of pizza	7.2
School lunch, pizza, cheese topping, thin crust, whole-grain, frozen, cooked	1 4-by-6-inch piece	5.5
School lunch, pizza, pepperoni topping, thick crust, whole-grain, frozen, cooked	1/10 of pizza	13.4
School lunch, pizza, pepperoni topping, thin crust, whole-grain, frozen, cooked	1 4-by-6-inch piece	6.6
School lunch, pizza, sausage topping, thin crust, whole-grain, frozen, cooked	1 4-by-6-inch piece	7
Snacks, CLIF® Bar, mixed flavors	1 bar	25

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Snacks, corn-based, extruded, chips, unsalted	1 cup, crushed	29.6
Snacks, corn-based, extruded, puffs or twists, cheese flavor, unenriched	1 ounce	10.2
Snacks, fruit leather, pieces	1 ounce	5.2
Snacks, granola bars, soft, uncoated, chocolate chip	1 bar (1 ½ ounces)	7.1
Snacks, plantain chips, salted	1 ounce	8.1
Snacks, potato chips, lightly salted	23 pieces	6.2
Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	1 ounce	93.2
Snacks, potato chips, plain, salted	1 ounce	6.2
Snacks, potato chips, plain, unsalted	1 ounce	6.3
Snacks, potato sticks	1 ounce	6.3
Snacks, sweet potato chips, unsalted	1 ounce	6.9
Snacks, taro chips	1 ounce	5.1
Snacks, tortilla chips, low-fat, made with olestra, nacho cheese	1 ounce	54.4
Snacks, tortilla chips, low-fat, unsalted	1 ounce	5.9
Snacks, tortilla chips, plain, white corn, salted	1 ounce	5.9
Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	1 cup	9.5
Snacks, vegetable chips, made from garden vegetables	1 ounce	5
Snacks, vegetable chips, TERRA® Chips	1 ounce	12.6
Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	1 cup	5.7
Taquitos, frozen, beef and cheese, oven-heated	1 piece	9.2

Food	Amount	Vitamin K Content (micrograms)
Taquitos, frozen, chicken and cheese, oven-heated	1 piece	7.1
Turkey, stuffing, mashed potatoes with gravy, assorted vegetables, frozen, microwaved	1 serving	44.3
Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	1 turnover	19.6
Turnover, chicken- or turkey-, and vegetable-filled, reduced-fat, frozen	1 turnover	17
Waffles, chocolate chip, frozen, ready-to-heat	2 waffles	6.5

## Restaurant Items and Fast Foods

Food	Amount	Vitamin K Content (micrograms)
Applebee's®, Chicken Tenders, from kids' menu	1 piece	8.8
Applebee's®, Coleslaw	1 serving	49.5
Applebee's®, Crunchy Onion Rings	1 serving	143.8
Applebee's®, Double Crunch Shrimp	1 serving	59.9
Applebee's®, French Fries	1 serving	54.8
Applebee's®, Mozzarella Sticks	1 piece	7.1
BURGER KING®, Big Fish Sandwich	1 sandwich	49.5
BURGER KING®, Cheeseburger	1 sandwich	7.6
BURGER KING®, DOUBLE WHOPPER®, no cheese	1 sandwich	52.7
BURGER KING®, DOUBLE WHOPPER®, with cheese	1 sandwich	45.9
BURGER KING®, French Fries	1 serving, small	8.2
BURGER KING®, Hamburger	1 sandwich	5.4
BURGER KING®, Original Chicken Sandwich	1 sandwich	47.2
BURGER KING®, Egg & Cheese CROISSAN'WICH®	1 sandwich	10.4

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
BURGER KING®, Sausage & Cheese CROISSAN'WICH®	1 sandwich	8.5
BURGER KING®, Sausage, Egg & Cheese CROISSAN'WICH®	1 sandwich	16.2
BURGER KING®, WHOPPER®, no cheese	1 sandwich	56.7
BURGER KING®, WHOPPER®, with cheese	1 sandwich	60.4
Carrabba's Italian Grill®, Spaghetti, meat sauce	1 serving	17.7
Carrabba's Italian Grill®, Spaghetti, pomodoro sauce	1 serving	21.5
Cracker Barrel®, Chicken Tenderloin Platter, fried, from kids' menu	1 serving	34.3
Cracker Barrel®, Coleslaw	1 serving	147.1
Cracker Barrel®, Macaroni N' Cheese Plate, from kids' menu	1 serving	25.4
Cracker Barrel®, Onion Rings, thick-cut	1 serving	94.2
Cracker Barrel®, Steak Fries	1 serving	63.6
Cracker Barrel®, U.S. Farm-raised Catfish Platter	1 serving	44
Denny's®, Chicken Nuggets, star-shaped, from kids' menu	4 pieces	24.5
Denny's®, Coleslaw	1 serving	78.4
Denny's®, French Fries	1 serving	47.5
Denny's®, Hash Browns	1 serving	40.4
Denny's®, Mozzarella Cheese Sticks	1 serving	57.9
Denny's®, Onion Rings	1 serving	84
Domino's® 14-inch pizza, cheese, Classic Hand-Tossed crust	1 slice	5.8
Domino's® 14-inch pizza, cheese, Crunchy Thin Crust	1 slice	11.1
Domino's® 14-inch pizza, ExtravaganZZa™, Classic Hand-Tossed Crust	1 slice	7.9

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Domino's® 14-inch pizza, pepperoni, Classic Hand-Tossed Crust	1 slice	5.9
Fast food, pizza chain, 14-inch pizza, cheese topping, regular crust	1 slice	7.2
Fast food, pizza chain, 14-inch pizza, cheese topping, stuffed crust	1/8 of pizza	9.7
Fast food, pizza chain, 14-inch pizza, cheese topping, thick crust	1 slice	11.5
Fast food, pizza chain, 14-inch pizza, cheese topping, thin crust	1 slice	7.4
Fast food, pizza chain, 14-inch pizza, meat and vegetable topping, regular crust	1 slice	8.4
Fast food, pizza chain, 14-inch pizza, pepperoni topping, regular crust	1 slice	7.1
Fast food, pizza chain, 14-inch pizza, pepperoni topping, thick crust	1 slice	13.6
Fast food, pizza chain, 14-inch pizza, pepperoni topping, thin crust	1 slice	7.5
Fast food, pizza chain, 14-inch pizza, sausage topping, regular crust	1 slice	7.8
Fast food, pizza chain, 14-inch pizza, sausage topping, thick crust	1 slice	15
Fast food, pizza chain, 14-inch pizza, sausage topping, thin crust	1 slice	8.4
Fast foods, bagel, with breakfast steak, egg, cheese and condiments	1 bagel	8.6
Fast foods, bagel, with egg, sausage patty, cheese and condiments	1 bagel	6.1

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Fast foods, biscuit, with crispy chicken fillet	1 biscuit	8.3
Fast foods, biscuit, with egg and bacon	1 biscuit	6.4
Fast foods, biscuit, with egg and ham	1 biscuit	6.6
Fast Foods, biscuit, with egg and sausage	1 biscuit	7.1
Fast foods, biscuit, with egg, cheese and bacon	1 biscuit	6.1
Fast foods, biscuit, with ham	1 biscuit	9.2
Fast foods, biscuit, with sausage	1 biscuit	6.1
Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	1 breadstick	7.9
Fast foods, burrito, with beans and beef	1 burrito	5.8
Fast foods, burrito, with beans and cheese	1 burrito	5.9
Fast foods, burrito, with beans, cheese and beef	1 burrito	14.7
Fast foods, cheeseburger, double, regular patty and bun, with condiments	1 sandwich	7.3
Fast foods, cheeseburger, double, large patty, with condiments, vegetables and mayonnaise	1 sandwich	32.7
Fast foods, cheeseburger, double, regular patty, double-decker bun with condiments and special sauce	1 sandwich	35.9
Fast foods, cheeseburger, double, regular patty, with condiments	1 sandwich	7.3
Fast foods, cheeseburger, single, large patty, plain	1 sandwich	8.4
Fast foods, cheeseburger, single, large patty, with condiments	1 sandwich	8.8

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Fast foods, cheeseburger, single, large patty, with condiments, vegetables and mayonnaise	1 sandwich	30.5
Fast foods, cheeseburger, single, regular patty, with condiments	1 sandwich	7
Fast foods, chicken fillet sandwich, plain, with pickles	1 sandwich	15.9
Fast foods, chicken, breaded and fried, boneless pieces, plain	6 pieces	6.7
Fast foods, coleslaw	1 cup	135.4
Fast Foods, crispy chicken fillet sandwich, with lettuce and mayonnaise	1 sandwich	7
Fast foods, crispy chicken in tortilla, with lettuce, cheese and ranch sauce	1 wrap	31.4
Fast foods, crispy chicken, bacon and tomato club sandwich, with cheese, lettuce and mayonnaise	1 sandwich	22.8
Fast foods, eggs, scrambled	2 eggs	8.6
Fast foods, fish sandwich, with tartar sauce	1 sandwich	29.9
Fast foods, fish sandwich, with tartar sauce and cheese	1 sandwich	10.6
Fast foods, french toast sticks	3 pieces	9.4
Fast Foods, grilled chicken fillet sandwich, with lettuce, tomato and spread	1 sandwich	15.4
Fast foods, grilled chicken in tortilla, with lettuce, cheese and ranch sauce	1 wrap	21.8
Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce and mayonnaise	1 sandwich	23.3
Fast foods, hamburger, large, single patty, with condiments	1 sandwich	8.6
Fast foods, hamburger, double, large patty, with condiments, vegetables and mayonnaise	1 sandwich	52.7



<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Fast foods, hamburger, single, large patty, with condiments, vegetables and mayonnaise	1 sandwich	35.3
Fast foods, hamburger, single, regular patty, double-decker bun with condiments and special sauce	1 sandwich	48
Fast foods, nachos, with cheese	1 serving	15.4
Fast foods, nachos, with cheese, beans, ground beef and tomatoes	1 serving	12
Fast foods, onion rings, breaded and fried	18 pieces	65.3
Fast foods, potato, french-fried in vegetable oil	1 serving, small	8
Fast foods, potato, mashed	1 cup	14.3
Fast foods, submarine sandwich, bacon, lettuce and tomato on white bread	6-inch sub	9.5
Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	6-inch sub	8.8
Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	6-inch sub	8.6
Fast foods, submarine sandwich, meatball marinara on white bread	6-inch sub	13.8
Fast foods, submarine sandwich, oven-roasted chicken on white bread with lettuce and tomato	6-inch sub	8.7
Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	6-inch sub	8.6
Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	6-inch sub	9.6

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	6-inch sub	9.6
Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	6-inch sub	53.1
Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	6-inch sub	8.6
Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	12-inch sub	19.4
Fast foods, taco with beef, cheese and lettuce, hard shell	1 taco	10.6
Fast foods, taco with beef, cheese and lettuce, soft shell	1 taco	7.5
Fast foods, taco with chicken, lettuce and cheese, soft shell	1 taco	7.7
KFC™, Coleslaw	1 package	79.4
Little Caesars®, 14-inch Cheese Pizza, large, Deep!Deep!™ Dish crust	1 slice	6.9
Little Caesars®, 14-inch Original Round Cheese Pizza, regular crust	1 slice	5.3
Little Caesars®, 14-inch Original Round Meat and Vegetable Pizza, regular crust	1 slice	6.6
Little Caesars®, 14-inch Original Round Pepperoni Pizza, regular crust	1 slice	5.3
Little Caesars®, 14-inch Pepperoni Pizza, large, Deep!Deep!™ Dish crust	1 slice	7.4
McDonald's®, Filet-O-Fish®	1 sandwich	6.6
McDonald's®, French Fries	1 serving, small	11.4

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Olive Garden®, Lasagna Classico	1 serving	28.7
Olive Garden®, Spaghetti with Meat Sauce	1 serving	22.6
Olive Garden®, Spaghetti with Pomodoro Sauce	1 serving	20.1
On The Border®, Mexican Rice	1 cup	14
Papa John's® 14-inch Cheese Pizza, original crust	1 slice	8.8
Papa John's® 14-inch Pepperoni Pizza, original crust	1 slice	7.5
Papa John's® 14-inch The Works Pizza, original crust	1 slice	8.6
Pizza Hut® 12-inch Cheese Pizza, Hand Tossed crust	1 slice	9.7
Pizza Hut® 12-inch Cheese Pizza, Pan crust	1 slice	15.5
Pizza Hut® 12-inch Cheese Pizza, Thin 'N Crispy crust	1 slice	5.7
Pizza Hut® 12-inch Pepperoni Pizza, Hand Tossed crust	1 slice	8.2
Pizza Hut® 12-inch Pepperoni Pizza, Pan crust	1 slice	18.5
Pizza Hut® 12-inch Super Supreme Pizza, Hand-Tossed crust	1 slice	9.3
Pizza Hut® 14-inch Cheese Pizza, Hand Tossed crust	1 slice	8.1
Pizza Hut® 14-inch Cheese Pizza, Pan crust	1 slice	19
Pizza Hut® 14-inch Cheese Pizza, Thin 'N Crispy crust	1 slice	6.1
Pizza Hut® 14-inch Pepperoni Pizza, Hand Tossed crust	1 slice	9.4
Pizza Hut® 14-inch Pepperoni Pizza, Pan crust	1 slice	24.3
Pizza Hut® 14-inch Super Supreme Pizza, Hand Tossed crust	1 slice	10
Plantains, yellow, fried, Latino restaurant	1 cup	53.7

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Restaurant, Chinese, beef and vegetables	1 serving	294.5
Restaurant, Chinese, chicken and vegetables	1 serving	379.1
Restaurant, Chinese, chicken chow mein	1 serving	132.9
Restaurant, Chinese, egg rolls, assorted	1 roll	52.4
Restaurant, Chinese, General Tso's chicken	1 serving	204.4
Restaurant, Chinese, kung pao chicken	1 serving	82.1
Restaurant, Chinese, lemon chicken	1 serving	152
Restaurant, Chinese, orange chicken	1 serving	158.1
Restaurant, Chinese, sesame chicken	1 serving	148.2
Restaurant, Chinese, shrimp and vegetables	1 serving	312.5
Restaurant, Chinese, sweet and sour chicken	1 serving	158.8
Restaurant, Chinese, sweet and sour pork	1 serving	169.9
Restaurant, Chinese, vegetable chow mein, without meat or noodles	1 serving	146.9
Restaurant, Chinese, vegetable lo mein, without meat	1 serving	94.1
Restaurant, family style, chicken fingers, from kids' menu	1 serving	31.9
Restaurant, family style, coleslaw	1 serving	85.3
Restaurant, family style, french fries	1 serving	61
Restaurant, family style, fried mozzarella sticks	1 serving	56.1
Restaurant, family style, hash browns	1 cup	30.6

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Restaurant, family style, onion rings	1 serving	110.3
Restaurant, family style, shrimp, breaded and fried	1 serving	54.4
Restaurant, Italian, lasagna with meat	1 serving	31.1
Restaurant, Italian, spaghetti with meat sauce	1 serving	23.3
Restaurant, Italian, spaghetti with pomodoro sauce, without meat	1 serving	20.4
Restaurant, Latino, arroz con frijoles negros (rice and black beans)	1 serving	47.5
Restaurant, Latino, arroz con grandules (rice and pigeonpeas)	1 serving	82.3
Restaurant, Latino, arroz con habichuelas colorados (rice and red beans)	1 serving	46
Restaurant, Latino, black bean soup	1 cup	14.8
Restaurant, Latino, bunuelos (fried yeast bread)	1.0 piece	18.1
Restaurant, Latino, chicken and rice, entrée, prepared	1 cup	5.6
Restaurant, Latino, empanadas, beef, prepared	1 piece	5.4
Restaurant, Latino, pupusas con frijoles (pupusas, bean)	1 piece	9.3
Restaurant, Latino, tamale, corn	1 piece	9
Restaurant, Latino, tamale, pork	1 piece	7.2
Restaurant, Mexican, refried beans	1 cup	19.7
Restaurant, Mexican, Spanish rice	1 cup	15.1
T.G.I. Friday's™, Chicken Fingers, from kids' menu	1 piece	10.4
T.G.I. Friday's™, French Fries	1 serving	79.3
Taco Bell®, Bean Burrito	1 burrito	7.8

<b>Food</b>	<b>Amount</b>	<b>Vitamin K Content (micrograms)</b>
Taco Bell®, Burrito Supreme® with beef	1 burrito	13
Taco Bell®, Burrito Supreme® with chicken	1 burrito	13.1
Taco Bell®, Burrito Supreme® with steak	1 burrito	14.9
Taco Bell®, Fiesta Taco Salad	1 serving	57
Taco Bell®, Nachos	1 serving	6
Taco Bell®, Nachos Supreme®	1 serving	14.2
Taco Bell®, Original Taco with beef, cheese and lettuce	1 taco	10.6
Taco Bell®, Soft Taco with beef, cheese and lettuce	1 taco	11.4
Taco Bell®, Soft Taco with chicken, cheese and lettuce	1 taco	8.5
Taco Bell®, Soft Taco with steak	1 taco	26.4
Wendy's®, Chicken Nuggets	5 pieces	5.4
Wendy's®, Dave's Double™, with cheese	1 sandwich	21.4
Wendy's®, Dave's Single™, with cheese	1 sandwich	21.9
Wendy's®, Dave's Single™, without cheese	1 sandwich	19.6
Wendy's®, Homestyle Chicken Sandwich	1 sandwich	24.6
Wendy's®, Jr. Hamburger, with cheese	1 sandwich	5.4
Wendy's®, Jr. Hamburger, without cheese	1 sandwich	5.3
Wendy's®, Grilled Chicken Sandwich	1 sandwich	20





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