

# 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)
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
Kiwifruit, green, raw	1 medium	31
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
Mung beans, mature seeds, sprouted, cooked, boiled	1 cup	28
Blueberries, raw	1 cup	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
Fast foods, taco with beef, cheese and lettuce, hard shell	1 small	26
Pickles, cucumber, dill or kosher dill	1 pickle	25
Plums, dried (prunes), uncooked	5 prunes	25
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	23
Grapes, red or green (European type), raw	1 cup	23
Salad dressing mayonnaise regular	1 tbsp	23
Muffins, blueberry, commercially prepared	1 muffin	22
Cauliflower, frozen, cooked, boiled	1 cup	21
Carrots, cooked, boiled	1 cup	21

FOODS	PORTION	VITAMIN K CONTENT* (MICROGRAMS)
Cucumber, peeled, raw	1 large	20
Miso	1 cup	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
Fast foods, potato, french fried in vegetable oil	1 large	19
Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	1 piece	19
Artichokes (globe or french), cooked, boiled	1 medium	18
Spices, parsley, dried	1 tbsp	18
Pie, pecan, commercially prepared	1 piece	18
Eclairs, custard-filled with chocolate glaze	1 éclair	18
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
Candies, white chocolate	1 cup	16
Salad dressing, home recipe, vinegar and oil	1 tbsp	15
Nuts, pine nuts, dried	1 oz	15
Beans, kidney, red, mature seeds, cooked, boiled	1 cup	15
Carrots, raw	1 cup	15

\* Portions as well as vitamin K content as specified in the USDA National Nutrient Database for Standard Reference, Release 25, 2012. Based on a 2000-calorie diet. The FDA recommends 80 micrograms of vitamin K