

Foods highest in

Vitamin K

"Day%" is the % of the amount required each day; this is in "oz" (ounces) of each food. "oz" of each food is the amount that contains 100 calories. "Score" is total of all nutrient score - 165 is average.

"Day%" is based upon a

300 mcg

nominal daily value.

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Parsley	1519%	2925	9.8	278	Oegano, dried	68%	519	1.2	33
Swiss chard	1456%	2849	18.6	526	Rhubarb	65%	325	16.8	476
Watercress	758%	2843	32.1	909	Celery	61%	422	22.0	625
Spinach	700%	2601	15.3	435	Iceberg lettuce	57%	410	25.2	714
Mustard greens	638%	2403	13.6	385	Okra	57%	671	11.4	323
Beet greens	606%	1964	16.0	455	Asparagus	55%	586	14.1	400
Collards	568%	1611	11.8	333	Seaweed, wakame	53%	562	7.8	222
Garden cress	564%	1639	11.0	313	Seaweed, kelp	51%	429	8.2	233
Kale	545%	1747	7.1	200	Sprouted alfalfa seeds	44%	496	15.3	435
Basil	512%	1751	13.1	370	Grape leaves	39%	998	3.8	108
Endive	453%	1482	20.7	588	Sprouted mung beans	37%	395	11.8	333
Coriander (cilantro) leaves	449%	1762	15.3	435	Cucumber	36%	264	23.5	667
Chicory greens	431%	1726	15.3	435	Sprouted mung beans, cooked	36%	397	16.8	476
Green leaf lettuce	386%	1957	23.5	667	Capers, canned	36%	-147	15.3	435
Broccoli raab	339%	1267	16.0	455	Leeks	26%	274	5.8	164
Red leaf lettuce	292%	1603	22.0	625	Sauerkraut, canned	23%	269	18.6	526
Boston lettuce	262%	1299	27.1	769	Kiwi	22%	287	5.8	164
Turnip greens	261%	1791	11.0	313	Black pepper	21%	316	1.4	39
Chives	236%	1205	11.8	333	Cauliflower	21%	566	14.1	400
Dried basil	228%	866	1.4	40	Podded peas	20%	492	8.4	238
Thyme, dried	207%	869	1.3	36	Pumpkin, canned	16%	1139	10.4	294
Dandelion greens	203%	849	7.8	222	Green beans	15%	393	11.4	323
Romaine lettuce	201%	1566	20.7	588	Blackberries	15%	285	8.2	233
Sage	181%	554	1.1	32	Cloves	15%	581	1.1	31
Parsley, dried	164%	903	1.3	36	Tomatoes, ripe	15%	416	19.6	556
Coriander leaf, dried	162%	913	1.3	36	Sprouted soybeans, cooked	14%	296	4.4	123
Arugula	145%	825	14.1	400	Green bell peppers	12%	738	17.6	500
Brussels sprouts	137%	692	8.2	233	Light Dressing, Miracle Whip	12%	-20	1.5	43
Cabbage	101%	497	14.1	400	Chili peppers	12%	693	8.8	250
Broccoli	100%	748	10.4	294	Pimento, canned	12%	884	15.3	435
Chinese cabbage (bok choy)	92%	1749	27.1	769	Blueberries	11%	89	6.2	175
Poultry seasoning	87%	392	1.1	33	Chili powder	11%	497	1.1	32
Marjoram, dried	76%	659	1.3	37	Carrots	11%	1011	8.6	244

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Artichokes	10%	293	7.5	213
Curry powder	10%	323	1.1	31
Tomatillos	10%	212	11.0	313
Peas	10%	285	4.4	123
Parsnips	10%	190	4.7	133
Paprika	9%	763	1.2	35
Zucchini	9%	553	22.0	625
Red/cayenne pepper	8%	541	1.1	31
Dried plums	8%	44	1.5	42
Stewed prunes	8%	32	3.3	93
Soybean oil	7%	18	0.4	11
Grapes	7%	44	5.1	145
Red bell peppers	6%	1071	13.6	385
Summer squash	6%	546	22.0	625
Mulberries	6%	188	8.2	233
Sun-dried tomatoes	6%	211	1.4	39
Tomatoes, canned	5%	296	20.7	588
Miso	5%	54	1.8	50

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