

VITAMIN C CONTENT OF COMMON FRUITS AND VEGETABLES

Vegetables	MG Vitamin C/100G
Red Bell Pepper	190
Parsley	133
Kale	120
Broccoli	93
Dill Weed	90
Brussels Sprouts	85
Green Pepper	81
Mustard Greens	70
Kohlrabi	62
Turnip Greens	60
Red Cabbage	57
Cauliflower	46
Watercress	43
Collards	35
Dandelion Greens	35
Green Cabbage	37
Beet Greens	30
Swiss Chard	30
Spinach	28
Cilantro	27
Rutabaga	25
Lettuce, Romaine	24
Chicory Greens	24
Sweet Potato	23
Okra	21
Turnip	21
Purslane	21
Tomato	19
Lettuce, Loose Leaf	18
Parsnips	17
Green Beans	16
Squash (Summer)	15
Asparagus	13
Squash (Winter)	12
Carrots	9
Pumpkin	9
Carrots, Baby	8
Alfalfa Sprouts	8
Lettuce, Bibb	8
Celery	7
Corn	7
Escarole	7
Cucumber	5

Fruits	MG Vitamin C/100G
Beets	5
Endive, Belgian	3
Kiwi	93
Papaya	62
Strawberries	59
Orange	53
Lemon	53
Cantaloupe	37
Grapefruit, White	33
Grapefruit, Pink	31
Lime	29
Mango	28
Tangerine	27
Blackberries	21
Honeydew Melon	18
Casaba Melon	16
Pineapple	15
Cranberries	14
Blueberries	13
Grapes	11
Apricots	10
Raspberries	10
Banana	9
Plum	9
Watermelon	8
Persimmon	8
Cherries	7
Peach	7
Apple	6
Nectarine	5
Pear	4