



Food Composition Data

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Fødevederedatabanken

The content of a specific component

0035 Vitamin K1 µg/100g

No.	Food name	Content	Source
0209	Parsley, raw	790	00100
0278	Spinach, raw	560	00100
0271	Soyabean oil, refined	540	00822
0276	Spinach, chopped, frozen	340	00100
0213	Chives, raw	310	00100
0484	Peas, chick/garbanzo, dry, raw	264	00822
0021	Broccoli, raw	260	00100
0226	Brussels sprout, frozen	250	00005
0225	Brussels sprouts, raw	250	00100
0063	Kale, raw	250	00100
0064	Kale, frozen	250	00005
0796	Cauliflower, imported, raw	210	T0017
0795	Cauliflower, danish, raw	210	T0017
0017	Cauliflower, all varieties, raw	210	00909
0155	Soya flour, full fat	200	00801
0032	Beans, soy, dried	190	00909
0485	Beans, mung, dried, raw	170	00822
0029	Beans, brown, dried	170	00822
0025	Beans, white, dried	170	T0029
0275	Cabbage, spring, raw	170	00100
0234	Cabbage, red, raw	149	00822
0235	Cabbage, red, canned	149	T0234
0591	Egg, hen, yolk, sugar added, pasteurized, frozen	147	T0339
0339	Egg, chicken, yolk, raw	147	00822
0590	Egg, hen, yolk, salted, pasteurized, frozen	147	T0339
0589	Egg, hen, whole, pasteurized, frozen	147	00822
0239	Butterhead lettuce (US), cabbage lettuce (UK), raw	130	00100

0668	Lettuce, iceberg (incl. crisphead types), raw	112	00822
0145	Liver, ox, raw	104	00822
0243	Celeriac, celery root, raw	100	00801
0086	Wheat bran	83	00822
0345	Peas, mature, dry, raw	81	00822
0143	Liver, broiler or fryer, raw	80	00822
0184	Mayonnaise	75	00822
0342	Peas, green, raw	70	00100
0343	Peas, green, frozen	70	00005
0344	Peas, green, canned	70	00005
0153	Corn oil	60	00822
0088	Cabbage, white, raw	59	00909
0340	Egg, chicken, whole, raw	50	00822
0085	Wheat germ, raw	39	00822
0008	Asparagus, all types, raw	39	00822
0818	Bean sprouts, average values, raw	33	T0817
0817	Bean sprouts, mung, raw	33	00822
0027	Beans, green, frozen	32	00822
0146	Liver, pig, raw	30	00909
0863	Wheat, kernels, whole/cracked	30	00822
0542	Wheat, flour, wholemeal	30	00822
0594	Wheat, cracked kernels, parboiled (bulgur), raw	30	T0863
0182	Semolina	30	00822
0028	Beans, green, raw	28	00909
0144	Liver, calf, raw	27	00822
0081	Honey	25	00822
0468	Strawberries, frozen, sweetened, whole	20	T0100
0100	Strawberry, raw	20	00100
0529	Bread, wholemeal	20	00050
0467	Strawberries, frozen, unsweetened	20	T0100
1004	Bread, white, with whole kernels	20	00050
0306	Tomato, ripe, raw, origin unknown	17	00909
0308	Tomatojuice, canned	17	T0306
0115	Potato, raw	16	00822
0065	Carrot, raw	15	00909
1093	Oil, coconut	10	00822
0297	Pork, liver paste, danish	10	00050
0011	Avocado, raw	8	00801
1098	Oil, palm	8	00822
0037	Mushroom, raw	7	00909
0171	Mushroom, canned	7	T0037
0804	Apple, danish, raw	3	T0336
0336	Apple, raw, all varieties	3	00822
0805	Apple, imported, raw	3	T0336



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