

METHIONINE CONTENT OF FRUITS, VEGETABLE, NUTS AND SEEDS

Amaranth leaves, cooked, boiled, drained, with salt	0.031	.76 cup
Amaranth leaves, cooked, boiled, drained, without salt	0.031	.76 cup
Amaranth leaves, raw	0.036	3.6 cups
Apples, canned, sweetened, sliced, drained, heated	0.002	.39 cup
Apples, canned, sweetened, sliced, drained, unheated	0.002	.39 cup
Apples, dehydrated (low moisture), sulfured, stewed	0.003	.36 cup
Apples, dehydrated (low moisture), sulfured, uncooked	0.013	1.67 cup
Apples, dried, sulfured, stewed, without added sugar	0.002	.39 cup
Apples, dried, sulfured, uncooked	0.009	.63 cup
Apples, frozen, unsweetened, heated	0.003	.36 cup
Apples, frozen, unsweetened, unheated	0.003	.36 cup
Apples, raw, golden delicious, with skin	0.001	1/2 medium apple
Apples, raw, red delicious, with skin	0.001	1/2 medium apple
Apples, raw, with skin	0.001	1/2 medium apple
Apples, raw, without skin	0.001	1/2 medium apple
Apples, raw, without skin, cooked, microwave	0.003	.36 cup
Apples, raw, without skin, cooked, microwave	0.003	.36 cup
Apples, raw, without skin, cooked, microwave	0.003	.36 cup
Applesauce, canned, unsweetened, with added ascorbic acid	0.002	.39 cup
Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	0.002	.39 cup
Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	0.002	.39 cup
Apricots, canned, extra light syrup pack, with skin, solids and liquids	0.003	.65 cup halves
Apricots, canned, juice pack, with skin, solids and liquids	0.003	.65 cup halves
Apricots, canned, light syrup pack, with skin, solids and liquids	0.003	.65 cup halves
Apricots, canned, water pack, with skin, solids and liquids	0.004	.65 cup halves
Apricots, canned, water pack, without skin, solids and liquids	0.003	.65 cup halves
Apricots, dehydrated (low-moisture), sulfured, stewed	0.01	.40 cup 2/5 cup
Apricots, dehydrated (low-moisture), sulfured, uncooked	0.024	.40 cup 2/5 cup
Apricots, dried, sulfured, stewed, without added sugar	0.005	.40 cup 2/5 cup
Apricots, dried, sulfured, uncooked	0.015	.40 cup 2/5 cup
Apricots, raw	0.006	.65 cup
Asparagus, canned, drained solids	0.021	.41 cup
Asparagus, canned, no salt added, solids and liquids	0.017	.41 cup
Asparagus, canned, regular pack, solids and liquids	0.017	.41 cup
Asparagus, cooked, boiled, drained	0.034	.56 cup
Asparagus, cooked, boiled, drained, with salt	0.034	.56 cup
Asparagus, frozen, cooked, boiled, drained, with salt	0.028	.56 cup
Asparagus, frozen, cooked, boiled, drained, without salt	0.028	.56 cup
Asparagus, frozen, unprepared	0.031	.56 cup
Asparagus, raw	0.031	.75 or 3/4 cup 6 1/4 spears medium
Avocados, raw, all commercial varieties	0.038	.43 cup pureed, 1/2 fruit
Avocados, raw, California	0.037	.43 cup

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Avocados, raw, Florida	0.042	.43 cup
Bamboo shoots, canned, drained solids	0.02	.76 cup
Bamboo shoots, cooked, boiled, drained, with salt	0.017	.83 cup sliced
Bamboo shoots, cooked, boiled, drained, without salt	0.017	.83 cup sliced
Bamboo shoots, raw	0.03	.66 cup
Bananas, dehydrated, or banana powder	0.074	1 cup
Bananas, raw	0.008	3/4 medium fruit .67 cup sliced
Basil, fresh	0.036	4.2 cup whole leaf
Beans, adzuki, mature seed, cooked, boiled, with salt	0.079	.43 cup
Beans, adzuki, mature seeds, cooked, boiled, without salt	0.079	.43 cup
Beans, adzuki, mature seeds, raw	0.21	.51 cup
Beans, adzuki, mature seeds, raw	0.21	.51 cup
Beans, black turtle, mature seeds, canned	0.079	.42 cup
Beans, black turtle, mature seeds, cooked, boiled, with salt	0.123	.54 cup
Beans, black turtle, mature seeds, cooked, boiled, without salt	0.123	.54 cup
Beans, black turtle, mature seeds, raw	0.32	.54 cup
Beans, black, mature seeds, canned, low sodium	0.079	.42 cup
Beans, black, mature seeds, cooked, boiled, with salt	0.133	.58 cup
Beans, black, mature seeds, cooked, boiled, without salt	0.133	.58 cup
Beans, black, mature seeds, raw	0.325	.58 cup
Beans, cranberry (roman), mature seeds, canned	0.083	.38 cup
Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	0.14	.56 cup
Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	0.14	.56 cup
Beans, cranberry (roman), mature seeds, raw	0.346	.51 cup
Beans, french, mature seeds, cooked, boiled, with salt	0.106	.56 cup
Beans, french, mature seeds, cooked, boiled, without salt	0.106	.56 cup
Beans, french, mature seeds, raw	0.283	.54 cup
Beans, great northern, mature seeds, canned	0.096	.38 cup
Beans, great northern, mature seeds, canned, low sodium	0.096	.38 cup
Beans, great northern, mature seeds, cooked, boiled, with salt	0.125	.56 cup
Beans, great northern, mature seeds, cooked, boiled, without salt	0.125	.56 cup
Beans, great northern, mature seeds, raw	0.329	.55 cup
Beans, kidney, all types, mature seeds, canned	0.068	.39 cup
Beans, kidney, all types, mature seeds, cooked, boiled, with salt	0.13	.56 cup
Beans, kidney, all types, mature seeds, cooked, boiled, without salt	0.113	.56 cup
Beans, kidney, all types, mature seeds, raw	0.355	.54 cup
Beans, kidney, california red, mature seeds, cooked, boiled, with salt	0.137	.56 cup
Beans, kidney, california red, mature seeds, cooked, boiled, without salt	0.137	.56 cup
Beans, kidney, california red, mature seeds, raw	0.367	.54 cup
Beans, kidney, mature seeds, sprouted, raw	0.044	.54 cup
Beans, kidney, red, mature seeds, canned, drained solids	0.104	.56 cup
Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	0.106	.63 cup
Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	0.07	.39 cup

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Beans, kidney, red, mature seeds, canned, solids and liquids	0.07	.39 cup
Beans, kidney, red, mature seeds, cooked, boiled, with salt	0.13	.56 cup
Beans, kidney, red, mature seeds, cooked, boiled, without salt	0.13	.56 cup
Beans, kidney, red, mature seeds, raw	0.339	.54 cup
Beans, kidney, royal red, mature seeds, cooked, boiled with salt	0.143	.56 cup
Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	0.143	.56 cup
Beans, kidney, royal red, mature seeds, raw	0.381	.54 cup
Beans, mung, mature seeds, sprouted, canned, drained solids	0.017	.80 cup
Beans, navy, mature seeds, canned	0.098	.55 cup
Beans, navy, mature seeds, cooked, boiled, with salt	0.111	.55 cup
Beans, navy, mature seeds, cooked, boiled, without salt	0.111	.55 cup
Beans, navy, mature seeds, raw	0.273	.48 cup
Beans, navy, mature seeds, sprouted, raw	0.064	.96 cup
Beans, pink, mature seeds, cooked, boiled, with salt	0.136	.59 cup
Beans, pink, mature seeds, cooked, boiled, without salt	0.136	.59 cup
Beans, pink, mature seeds, raw	0.315	.48 cup
Beans, pinto, canned, drained solids	0.085	.59 cup
Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	0.086	.59 cup
Beans, pinto, mature seeds, canned, solids and liquids	0.056	.58 cup
Beans, pinto, mature seeds, canned, solids and liquids, low sodium	0.056	.58 cup
Beans, pinto, mature seeds, cooked, boiled, with salt	0.126	.58 cup
Beans, pinto, mature seeds, cooked, boiled, without salt	0.117	.58 cup
Beans, pinto, mature seeds, raw	0.259	.52 cup
Beans, small white, mature seeds, cooked, boiled, with salt	0.135	.56 cup
Beans, small white, mature seeds, cooked, boiled, without salt	0.135	.56 cup
Beans, small white, mature seeds, raw	0.317	.47 cup
Beans, snap, canned, all styles, seasoned, solids and liquids	0.01	.42 cup
Beans, snap, green, canned, no salt added, drained solids	0.013	.65 cup
Beans, snap, green, canned, no salt added, solids and liquids	0.009	.65 cup
Beans, snap, green, canned, regular pack, drained solids	0.013	.65 cup
Beans, snap, green, canned, regular pack, solids and liquids	0.009	.65 cup
Beans, snap, green, cooked, boiled, drained, with salt	0.023	.8 cup
Beans, snap, green, cooked, boiled, drained, without salt	0.023	.80 cup
Beans, snap, green, frozen, all styles, microwaved	0.022	.74 cup
Beans, snap, green, frozen, all styles, unprepared	0.022	.74 cup
Beans, snap, green, frozen, cooked, boiled, drained without salt	0.018	.74 cup
Beans, snap, green, frozen, cooked, boiled, drained, with salt	0.018	.74 cup
Beans, snap, green, raw	0.022	1 cup 1/2" pieces
Beans, snap, yellow, canned, no salt added, drained solids	0.014	.65 cup
Beans, snap, yellow, canned, no salt added, solids and liquids	0.009	.65 cup
Beans, snap, yellow, canned, regular pack, drained solids	0.014	.65 cup
Beans, snap, yellow, canned, regular pack, solids and liquids	0.009	.65 cup
Beans, snap, yellow, cooked, boiled, drained, with salt	0.023	.65 cup

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Beans, snap, yellow, cooked, boiled, drained, without salt	0.023	.65 cup
Beans, snap, yellow, frozen, all styles, unprepared	0.022	.83 cup
Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	0.018	.74 cup
Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	0.018	.74 cup
Beans, snap, yellow, raw	0.022	1 cup 1/2 pieces
Beans, white, mature seeds, canned	0.109	.38 cup
Beans, white, mature seeds, cooked, boiled, with salt	0.146	.53 cup large
Beans, white, mature seeds, cooked, boiled, without salt	0.146	.53 cup large
Beans, white, mature seeds, raw	0.351	.47 cup small
Beans, yellow, mature seeds, cooked, boiled, with salt	0.138	.56 cup
Beans, yellow, mature seeds, cooked, boiled, without salt	0.138	.56 cup
Beans, yellow, mature seeds, raw	0.331	.51 cup
Beet greens, cooked, boiled, drained, with salt	0.021	.69 cup 1" pieces
Beet greens, cooked, boiled, drained, without salt	0.021	.69 cup 1" pieces
Beet greens, raw	0.018	2.63 cup
Beets, canned, drained solids	0.01	.44 cup
Beets, canned, no salt added, solids and liquids	0.009	.41 cup
Beets, canned, regular pack, solids and liquids	0.009	.44 cup
Beets, cooked, boiled, drained	0.019	.59 cup
Beets, cooked, boiled, drained, with salt	0.019	.59 cup
Beets, harvard, canned, solids and liquids	0.01	.44 cup
Beets, pickled, canned, solids and liquids	0.009	.44 cup
Beets, raw	0.018	.74 cup
Blueberries, canned, heavy syrup, solids and liquids	0.01	.39 cup
Blueberries, frozen, sweetened	0.006	.69 cup
Blueberries, frozen, unsweetened	0.007	.69 cup
Blueberries, raw	0.012	.68 cup
Breadfruit, raw	0.01	.45 cup
Broadbeans (fava beans), mature seeds, canned	0.045	.39 cup
Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	0.062	.59 cup
Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	0.062	.59 cup
Broadbeans (fava beans), mature seeds, raw	0.213	.67 cup
Broadbeans, immature seeds, raw	0.043	.92 cup
Broccoli raab, cooked	0.058	2.5 cup
Broccoli raab, raw	0.048	2.5 cup
Broccoli, cooked, boiled, drained, with salt	0.043	.78 cup
Broccoli, cooked, boiled, drained, without salt	0.043	.78 cup
Broccoli, flower clusters, raw	0.034	.71 cup
Broccoli, frozen, chopped, cooked, boiled, drained, with salt	0.037	.54 cup
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	0.037	.54 cup
Broccoli, frozen, chopped, unprepared	0.034	.64 cup
Broccoli, frozen, spears, cooked, boiled, drained, with salt	0.037	.55 cup
Broccoli, frozen, spears, cooked, boiled, drained, without salt	0.037	.55 cup

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Broccoli, frozen, spears, unprepared	0.037	.64 cup
Broccoli, raw	0.038	1.1 cup
Broccoli, stalks, raw	0.034	.66 cup, 3.23 spears
Brussels sprouts, cooked, boiled, drained, with salt	0.024	.65 cup
Brussels sprouts, cooked, boiled, drained, without salt	0.024	.65 cup
Brussels sprouts, frozen, cooked, boiled, drained, with salt	0.035	.65 cup
Brussels sprouts, frozen, cooked, boiled, drained, without salt	0.035	.65 cup
Brussels sprouts, frozen, unprepared	0.036	1.1 cup
Brussels sprouts, raw	0.032	1.1 cup
Burdock root, cooked, boiled, drained, with salt	0.012	.80 cup
Burdock root, cooked, boiled, drained, without salt	0.012	.80 cup
Burdock root, raw	0.009	.85 cup 1" pieces
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	0.009	.84 cup
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	0.009	.84 cup
Cabbage, chinese (pak-choi), raw	0.009	1.43 cup shredded
Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	0.009	.84 cup
Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	0.009	.84 cup
Cabbage, chinese (pe-tsai), raw	0.007	1.32 cup shredded
Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	0.012	1.43 cups
Cabbage, common (danish, domestic, and pointed types), stored, raw	0.012	1.43 cup .11 head
Cabbage, common, cooked, boiled, drained, with salt	0.012	.66 cup 2/3 head
Cabbage, cooked, boiled, drained, without salt	0.012	.66 cup
Cabbage, raw	0.012	1.43 cup
Cabbage, red, cooked, boiled, drained, with salt	0.014	.67 cup
Cabbage, red, cooked, boiled, drained, without salt	0.014	.67 cup
Cabbage, red, raw	0.014	1.43 cup
Cabbage, savoy, cooked, boiled, drained, with salt	0.018	.69 cup
Cabbage, savoy, cooked, boiled, drained, without salt	0.018	.69 cup
Cabbage, savoy, raw	0.02	1.4 cup shredded
Carambola, (starfruit), raw	0.021	.93 cup sliced 1.1 medium fruit
Carob flour	0.081	.97 cup
Carrot, dehydrated	0.056	1.35 cup
Carrots, baby, raw	0.006	.82 cup strips or slices
Carrots, canned, no salt added, drained solids	0.004	.82 cup
Carrots, canned, no salt added, solids and liquids	0.013	.41 cup
Carrots, canned, regular pack, drained solids	0.014	.41 cup
Carrots, canned, regular pack, solids and liquids	0.004	.82 cup
Carrots, cooked, boiled, drained, with salt	0.017	.64 cup
Carrots, cooked, boiled, drained, without salt	0.017	.64 cup
Carrots, frozen, cooked, boiled, drained, with salt	0.013	.68 cup
Carrots, frozen, cooked, boiled, drained, without salt	0.013	.68 cup
Carrots, frozen, unprepared	0.007	.68 cup
Carrots, raw	0.02	.82 cup strips or sliced 1.6

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		medium
Cassava, raw	0.011	.49 cup
Cauliflower, cooked, boiled, drained, with salt	0.026	.81 cup
Cauliflower, cooked, boiled, drained, without salt	0.026	.81 cup
Cauliflower, frozen, cooked, boiled, drained, with salt	0.023	.56 cup
Cauliflower, frozen, cooked, boiled, drained, without salt	0.023	.56 cup
Cauliflower, frozen, unprepared	0.028	.76 cup
Cauliflower, green, cooked, no salt added	0.043	.8 cup
Cauliflower, green, cooked, with salt	0.043	.8 cup
Cauliflower, green, raw	0.042	1.56 cup .23 head medium .93 cup chopped .17 head medium
Cauliflower, raw	0.02	
Celery, cooked, boiled, drained, with salt	0.007	.67 cup diced
Celery, cooked, boiled, drained, without salt	0.007	.67 cup diced
Celery, raw	0.005	5 & 3/4 stalks 5" long
Celtuce, raw	0.01	2.cups shredded
Chard, swiss, cooked, boiled, drained, with salt	0.02	.57 cup
Chard, swiss, cooked, boiled, drained, without salt	0.02	.57 cup
Chard, swiss, raw	0.019	2.8 cup
Chayote, fruit, cooked, boiled, drained, with salt	0.001	.76 of a cup 1"pieces
Chayote, fruit, cooked, boiled, drained, without salt	0.001	.76 of a cup 1"pieces
Chayote, fruit, raw	0.001	.76 of a cup 1"pieces
Cherimoya, raw	0.021	.63 cup
Cherries, sweet, raw	0.01	.72 cup with pits 12 cherries
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	0.093	.66 cup
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	0.093	.66 cup
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	0.065	.42 cup
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	0.065	.42 cup
Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	0.116	.61 cup
Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0.116	.61 cup
Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	0.27	.50 cup
Chicory greens, raw	0.01	3.45 cups
Chicory, witloof, raw	0.005	1.1 cup
Chives, freeze-dried	0.231	31 cup
Chives, raw	0.036	100 tsp
Collards, cooked, boiled, drained, with salt	0.028	.59 cup
Collards, cooked, boiled, drained, without salt	0.028	.59 cup
Collards, frozen, chopped, cooked, boiled, drained, with salt	0.04	.59 cup
Collards, frozen, chopped, cooked, boiled, drained, without salt	0.04	.59 cup
Collards, frozen, chopped, unprepared	0.037	2.8 cup
Collards, raw	0.033	2.8 cup
Collards, raw	0.033	2.8 cup

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Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	0.045	.61 cup
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	0.045	.61 cup
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	0.121	.59 cup
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	0.121	.59 cup
Cowpeas (blackeyes), immature seeds, frozen, unprepared	0.128	.63 cup
Cowpeas (blackeyes), immature seeds, raw	0.042	.69 cup
Cowpeas, catjang, mature seeds, cooked, boiled, with salt	0.116	.58 cup
Cowpeas, catjang, mature seeds, cooked, boiled, without salt	0.116	.58 cup
Cowpeas, catjang, mature seeds, raw	0.34	.60 cup
Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	0.067	.58 cup
Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	0.11	.58 cup
Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	0.11	.58 cup
Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	0.335	.42 cup
Crabapples, raw	0.004	.91 cup sliced
Cranberries, raw	0.003	.91 cup chopped
Cucumber, peeled, raw	0.012	.84 cup sliced
Cucumber, with peel, raw	0.006	1 & 7/8 cup
Dates, deglet noor	0.022	.68 cup
Dates, medjool	0.017	.53 cup 12 fruit
Dill weed, fresh	0.011	11.24 cup
Dock, raw	0.035	.75 chopped
Drumstick leaves, cooked, boiled, drained, with salt	0.069	.42 cup
Drumstick leaves, cooked, boiled, drained, without salt	0.069	.42 cup
Drumstick leaves, raw	0.123	.21 cup
Edamame, frozen, prepared	0.141	.65 cup
Edamame, frozen, unprepared	0.133	.85 cup
Eggplant, cooked, boiled, drained, with salt	0.009	1 cup 1" cubes
Eggplant, cooked, boiled, drained, without salt	0.009	1 cup 1" cubes
Eggplant, raw	0.011	1.22 cup
Elderberries, raw	0.014	.69 cup
Endive, raw	0.014	2 cup
Escarole, cooked, boiled, drained, no salt added	0.013	.66 cup
Falafel, home-prepared	0.187	depends on ingredients and size
Feijoa, raw	0.007	1/2 cup 1/2" chunks
Figs, canned, light syrup pack, solids and liquids	0.003	.67 cup
Figs, canned, water pack, solids and liquids	0.003	.67 cup
Figs, dried, stewed	0.015	.39 cup
Figs, dried, uncooked	0.034	.67 cup
Figs, raw	0.006	2/3 cup chopped
Frijoles rojos volteados (Refried beans, red, canned)	0.133	.43 cup
Garlic, raw	0.076	.74 cup
Ginger root, raw	0.013	1 cup

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Goji berries, dried	0.087	.91 cup
Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	0.004	.5 cup 1/2 cup 1" pieces
Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	0.004	.5 cup 1/2 cup 1" pieces
Gourd, white-flowered (calabash), raw	0.004	.5 cup 1/2 cup 1" pieces
Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	0.001	.40 of cup
Grape juice, canned or bottled, unsweetened, without added ascorbic acid	0.001	.40 of cup
Grapefruit, raw, pink and red and white, all areas	0.006	.43 cup
Grapefruit, raw, pink and red, all areas	0.007	.43 cup
Grapefruit, raw, pink and red, California and Arizona	0.005	.43 cup
Grapefruit, raw, pink and red, Florida	0.005	.43 cup
Grapefruit, raw, white, all areas	0.007	.43 cup
Grapefruit, raw, white, California	0.008	.43 cup 1/3 fruit
Grapefruit, raw, white, Florida	0.006	.43 cup
Grapefruit, sections, canned, juice pack, solids and liquids	0.007	.41 cup
Grapefruit, sections, canned, light syrup pack, solids and liquids	0.005	.41 cup
Grapefruit, sections, canned, water pack, solids and liquids	0.005	.41 cup
Grapes, american type (slip skin), raw	0.021	1.09 cup 42 fruit
Grapes, canned, thompson seedless, water pack, solids and liquids	0.017	.41 cup
Grapes, red or green (European type, such as Thompson seedless), raw	0.009	.66 cup 20 fruits
Guava sauce, cooked	0.002	.42 cup
Guavas, common, raw	0.016	.61 cup 1.8 fruit
Guavas, strawberry, raw	0.004	.41 cup
Hearts of palm, canned	0.042	.68 cup
Hummus, home prepared	0.08	.41 cup
Hyacinth beans, mature seeds, cooked, boiled, with salt	0.065	.52 cup
Hyacinth beans, mature seeds, cooked, boiled, without salt	0.065	.52 cup
Hyacinth beans, mature seeds, raw	0.191	.48 cup
Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	0.026	1.15 cup
Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	0.026	1.15 cup
Hyacinth-beans, immature seeds, raw	0.019	1 1/4 cup
Jackfruit, raw	0.034	.66 cup 1" pieces
Jute, potherb, cooked, boiled, drained, with salt	0.051	1.15 cup
Jute, potherb, cooked, boiled, drained, without salt	0.051	1.15 cup
Jute, potherb, raw	0.065	3.57 cup
Kale, cooked, boiled, drained, with salt	0.018	.77 cup chopped
Kale, cooked, boiled, drained, without salt	0.018	.77 cup chopped
Kale, frozen, cooked, boiled, drained, with salt	0.027	.77 cup chopped
Kale, frozen, cooked, boiled, drained, without salt	0.027	.77 cup chopped
Kale, frozen, unprepared	0.026	.67 cup
Kale, scotch, cooked, boiled, drained, with salt	0.018	.77 cup chopped
Kale, scotch, cooked, boiled, drained, without salt	0.018	.77 cup chopped
Kale, scotch, raw	0.027	.67 cup

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Kiwifruit, green, raw	0.024	.56 cup sliced	1.45 fruit
Kohlrabi, cooked, boiled, drained, with salt	0.014	.61 cup	
Kohlrabi, cooked, boiled, drained, without salt	0.014	.84 cup	
Kohlrabi, raw	0.013	.74 cup	
Lambquarters, cooked, boiled, drained, with salt	0.037	.56 cup	
Lambquarters, cooked, boiled, drained, without salt	0.037	.56 cup	
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	0.01	.96 cup	
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	0.01	.96 cup	
Leeks, (bulb and lower leaf-portion), raw	0.018	1.12 cup	
Leeks, (bulb and lower-leaf portion), freeze-dried	0.18	31 1/4 cup	
Lentils, mature seeds, cooked, boiled, with salt	0.077	.51 cup	
Lentils, mature seeds, cooked, boiled, without salt	0.077	.51 cup	
Lentils, pink or red, raw	0.212	.52 cup	
Lentils, raw	0.21	.52 cup	
Lentils, sprouted, raw	0.105	1.3 cup	
Lettuce, butterhead (includes boston and bibb types), raw	0.014	1.82 cup	
Lettuce, cos or romaine, raw	0.015	2.13 cup shredded	.16 head
Lettuce, green leaf, raw	0.016	2.78 cup shredded	
Lettuce, iceberg (includes crisphead types), raw	0.005	1.39 cup shred,	.19 head, 12 leaves
Lettuce, red leaf, raw	0.016	3.57 cup shredded	.32 head
Lima beans, immature seeds, canned, no salt added, solids and liquids	0.04	.42 cup	
Lima beans, immature seeds, canned, regular pack, solids and liquids	0.04	.42 cup	
Lima beans, immature seeds, cooked, boiled, drained, with salt	0.068	.59 cup	
Lima beans, immature seeds, cooked, boiled, drained, without salt	0.068	.59 cup	
Lima beans, immature seeds, cooked, boiled, drained, without salt	0.068	.59 cup	
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	0.066	.56 cup	
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	0.066	.56 cup	
Lima beans, immature seeds, frozen, baby, unprepared	0.075	.61 cup	
Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	0.06	.59 cup	
Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	0.06	.59 cup	
Lima beans, immature seeds, frozen, fordhook, unprepared	0.063	.64 cup	
Lima beans, immature seeds, raw	0.068	.64 cup	
Lima beans, large, mature seeds, canned	0.062	.41 cup	
Lima beans, large, mature seeds, cooked, boiled, with salt	0.099	.56 cup	
Lima beans, large, mature seeds, cooked, boiled, without salt	0.099	.56 cup	
Lima beans, large, mature seeds, raw	0.271	.56 cup	
Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	0.102	.55 cup	
Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	0.102	.55 cup	
Lima beans, thin seeded (baby), mature seeds, raw	0.261	.50 cup	
Lime juice, raw	0.002	.41 cup	
Limes, raw	0.002	2 & 1/4	
Litchis, dried	0.042		

METHIONINE CONTENT OF FRUITS, VEGETABLE, NUTS AND SEEDS

Litchis, raw	0.009	.53 cup 10 fruits
Longans, dried	0.049	
Longans, raw	0.013	30 fruit
Loquats, raw	0.004	6 & 1/4 loquats
Lotus root, cooked, boiled, drained, with salt	0.014	.84 cup
Lotus root, cooked, boiled, drained, without salt	0.014	.84 cup
Lotus root, raw	0.022	.83 cup
Lupins, mature seeds, cooked, boiled, with salt	0.11	.60 cup
Lupins, mature seeds, cooked, boiled, without salt	0.11	.60 cup
Lupins, mature seeds, raw	0.255	.56 cup
Mangos, raw	0.008	.61 cup 1 & 1/2 medium fruit
Melons, cantaloupe, raw	0.012	.63 cup .18 fruit medium
Melons, honeydew, raw	0.005	.59 cup diced 3/5 cup
Miso	0.129	.36 cup
MORI-NU, Tofu, silken, extra firm	0.094	3.5 oz
MORI-NU, Tofu, silken, firm	0.106	3.5 oz
MORI-NU, Tofu, silken, lite extra firm	0.088	3.5 oz
MORI-NU, Tofu, silken, lite firm	0.077	3.5 oz
MORI-NU, Tofu, silken, soft	0.074	3.5 oz
Mothbeans, mature seeds, cooked, boiled, with salt	0.075	.56 cup
Mothbeans, mature seeds, cooked, boiled, without salt	0.075	.56 cup
Mothbeans, mature seeds, raw	0.22	.51 cup
Mountain yam, hawaii, cooked, steamed, with salt	0.023	.69 cup
Mountain yam, hawaii, cooked, steamed, without salt	0.023	.69 cup
Mountain yam, hawaii, raw	0.018	.74 cup .24 yam
Mung beans, mature seeds, cooked, boiled, with salt	0.084	.50 cup
Mung beans, mature seeds, cooked, boiled, without salt	0.084	.50 cup
Mung beans, mature seeds, raw	0.286	.48 cup
Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	0.025	.81 cup
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	0.025	.81 cup
Mung beans, mature seeds, sprouted, cooked, stir-fried	0.053	.96 cup
Mung beans, mature seeds, sprouted, raw	0.034	.96 cup
Mung beans, mature seeds, cooked, boiled, with salt	0.11	.56 cup
Mung beans, mature seeds, cooked, boiled, without salt	0.11	.56 cup
Mushrooms, brown, italian, or crimini, raw	0.048	1.15 cup
Mushrooms, canned, drained solids	0.019	.64 cup
Mushrooms, enoki, raw	0.03	1.56 cup whole 33 1/3 fruit
Mushrooms, maitake, raw	0.015	1.43 cup diced
Mushrooms, oyster, raw	0.042	1.16 cup sliced
Mushrooms, portabella, exposed to ultraviolet light, grilled	0.038	.83 cup
Mushrooms, portabella, exposed to ultraviolet light, raw	0.048	.86 cup
Mushrooms, portabella, grilled	0.035	.83 cup
Mushrooms, portabella, raw	0.029	.86 cup

METHIONINE CONTENT OF FRUITS, VEGETABLE, NUTS AND SEEDS

Mushrooms, shiitake, cooked, with salt	0.025	.69 cup
Mushrooms, shiitake, cooked, without salt	0.025	.69 cup
Mushrooms, shiitake, dried	0.179	5 1/4 whole
Mushrooms, shiitake, raw	0.033	.69 cup
Mushrooms, shiitake, stir-fried	0.033	.89 cup whole
Mushrooms, white, cooked, boiled, drained, with salt	0.022	.64 cup
Mushrooms, white, cooked, boiled, drained, without salt	0.022	.64 cup
Mushrooms, white, raw	0.031	1.43 cup pieces
Mushrooms, white, stir-fried	0.034	.93 cup
Mustard greens, frozen, cooked, boiled, drained, with salt	0.021	.67 cup
Mustard greens, frozen, cooked, boiled, drained, without salt	0.021	.67 cup
Mustard greens, frozen, unprepared	0.023	.68 cup
Mustard, prepared, yellow	0.076	.40 cup
Natto	0.208	.57 cup
Nectarines, raw	0.006	2/3 medium .70 cup sliced
Noodles, chinese, cellophane or long rice (mung beans), dehydrated	0.002	.71 cup
Nopales, cooked, without salt	0.016	.67 cup
Nopales, raw	0.015	1.16 cup sliced
Nuts, acorn flour, full fat	0.126	
Nuts, acorns, dried	0.136	
Nuts, acorns, raw	0.103	
Nuts, almond butter, plain, with salt added	0.122	.40 cup
Nuts, almond butter, plain, without salt added	0.122	.40 cup
Nuts, almonds	0.157	.70 whole 1.09 sliced 1.05 ground
Nuts, almonds, blanched	0.19	.69 cup
Nuts, almonds, dry roasted, with salt added	0.155	.70 cup
Nuts, almonds, dry roasted, without salt added	0.155	.70 cup
Nuts, almonds, oil roasted, lightly salted	0.188	.73 cup
Nuts, almonds, oil roasted, with salt added	0.188	.73 cup
Nuts, almonds, oil roasted, without salt added	0.188	.73 cup
Nuts, beechnuts, dried	0.146	
Nuts, brazilnuts, dried, unblanched	1.124	.75 cup
Nuts, butternuts, dried	0.611	.83 cup
Nuts, cashew butter, plain, with salt added	0.204	.73 cup
Nuts, cashew butter, plain, without salt added	0.315	.73 cup
Nuts, cashew nuts, dry roasted, with salt added	0.274	.73 cup
Nuts, cashew nuts, dry roasted, without salt added	0.274	.73 cup
Nuts, cashew nuts, oil roasted, with salt added	0.334	.78 cup whole or halves
Nuts, cashew nuts, oil roasted, without salt added	0.334	.78 cup whole or halves
Nuts, cashew nuts, raw	0.362	.73 cup
Nuts, chestnuts, chinese, boiled and steamed	0.07	.65 cup
Nuts, chestnuts, chinese, dried	0.165	1.1 cup flour
Nuts, chestnuts, chinese, raw	0.101	.65 cup

METHIONINE CONTENT OF FRUITS, VEGETABLE, NUTS AND SEEDS

Nuts, chestnuts, chinese, roasted	0.108	.65 cup
Nuts, chestnuts, european, boiled and steamed	0.118	.70 cup
Nuts, chestnuts, european, dried, unpeeled	0.151	.65 cup
Nuts, chestnuts, european, raw, peeled	0.038	.70 cup
Nuts, chestnuts, european, raw, peeled	0.038	.70 cup
Nuts, chestnuts, european, roasted	0.075	.65 cup
Nuts, chestnuts, japanese, boiled and steamed	0.02	
Nuts, chestnuts, japanese, dried	0.126	.65 cup
Nuts, chestnuts, japanese, raw	0.054	
Nuts, chestnuts, japanese, roasted	0.071	.65 cup
Nuts, coconut cream, canned, sweetened	0.022	.34 cup
Nuts, coconut cream, raw (liquid expressed from grated meat)	0.068	.42 cup
Nuts, coconut meat, dried (desiccated), creamed	0.099	1.1 cup
Nuts, coconut meat, dried (desiccated), not sweetened	0.129	1.08 cup shredded
Nuts, coconut meat, dried (desiccated), not sweetened	0.129	1.08 cup shredded
Nuts, coconut meat, dried (desiccated), toasted	0.099	1.1 cup
Nuts, coconut meat, raw	0.062	1.3 cup
Nuts, coconut milk, canned (liquid expressed from grated meat and water)	0.038	.44 cup
Nuts, coconut milk, canned (liquid expressed from grated meat and water)	0.038	.44 cup
Nuts, coconut milk, raw (liquid expressed from grated meat and water)	0.043	.42 cup
Nuts, coconut water (liquid from coconuts)	0.013	.42 cup
Nuts, ginkgo nuts, canned	0.029	.65 cup 78 kernals
Nuts, ginkgo nuts, dried	0.133	78 kernals
Nuts, ginkgo nuts, raw	0.055	78 kernals
Nuts, hazelnuts or filberts	0.221	.74 whole .87 chopped 71 nuts
Nuts, hazelnuts or filberts, blanched	0.203	1.33 ground .74 whole
Nuts, hazelnuts or filberts, dry roasted, without salt added	0.222	.63 cup
Nuts, hickorynuts, dried	0.3	.83 cup
Nuts, macadamia nuts, dry roasted, without salt added	0.023	.76 cup
Nuts, macadamia nuts, raw	0.023	.75 cup
Nuts, mixed nuts, dry roasted, with peanuts, with salt added	0.228	.73 cup
Nuts, mixed nuts, dry roasted, with peanuts, without salt added	0.26	.73 cup
Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	0.283	.73 cup
Nuts, mixed nuts, oil roasted, with peanuts, with salt added	0.283	.73 cup
Nuts, mixed nuts, oil roasted, with peanuts, without salt added	0.283	.73 cup
Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	0.321	.69 cup
Nuts, mixed nuts, oil roasted, without peanuts, with salt added	0.346	.69 cup
Nuts, mixed nuts, oil roasted, without peanuts, without salt added	0.346	.69 cup
Nuts, pecans	0.183	.73 cup
Nuts, pecans, dry roasted, with salt added	0.189	.73 cup
Nuts, pecans, dry roasted, without salt added	0.189	.73 cup
Nuts, pecans, oil roasted, with salt added	0.183	.73 cup
Nuts, pecans, oil roasted, without salt added	0.183	.73 cup

METHIONINE CONTENT OF FRUITS, VEGETABLE, NUTS AND SEEDS

Nuts, pilinuts, dried	0.395	.83 cup
Nuts, pine nuts, dried	0.259	.74 cup
Nuts, pine nuts, pinyon, dried	0.207	.74 cup
Nuts, pistachio nuts, dry roasted, with salt added	0.375	.81 cup
Nuts, pistachio nuts, dry roasted, without salt added	0.375	.81 cup
Nuts, pistachio nuts, raw	0.36	.81 cup
Nuts, walnuts, black, dried	0.467	.80 cup
Nuts, walnuts, english	0.236	.85 cup
Okara	0.041	.82 cup
Okra, cooked, boiled, drained, with salt	0.02	.63 cup
Okra, cooked, boiled, drained, without salt	0.02	.63 cup
Okra, frozen, cooked, boiled, drained, with salt	0.018	.55 cup
Okra, frozen, cooked, boiled, drained, without salt	0.017	.55 cup
Okra, frozen, unprepared	0.018	1 cup
Okra, raw	0.021	1 cup
Olives, ripe, canned (jumbo-super colossal)	0.014	.5 cup
Olives, ripe, canned (small-extra large)	0.012	.75 cup
Olives, ripe, canned (small-extra large)	0.012	.75 cup
Onions, canned, solids and liquids	0.007	.43 cup diced
Onions, cooked, boiled, drained, with salt	0.011	.48 cup
Onions, cooked, boiled, drained, without salt	0.011	.48 cup
Onions, dehydrated flakes	0.074	1.8 cup
Onions, frozen, chopped, cooked, boiled, drained, with salt	0.006	little less than 1/2 cup
Onions, frozen, chopped, cooked, boiled, drained, without salt	0.006	little less than 1/2 cup .48 cup
Onions, frozen, whole, cooked, boiled, drained, with salt	0.006	little less than 1/2 cup .48 cup
Onions, frozen, whole, cooked, boiled, drained, without salt	0.006	little less than 1/2 cup .48 cup
Onions, raw	0.002	1 cup
Onions, spring or scallions (includes tops and bulb), raw	0.02	1 cup
Onions, sweet, raw	0.009	.48 cup
Onions, yellow, sauteed	0.002	1 cup
Orange juice, canned, unsweetened	0.003	.40 cup 2/5 cup
Orange juice, chilled, includes from concentrate	0.002	.40 cup 2/5 cup
Orange juice, chilled, includes from concentrate, with added calcium	0.002	.40 cup 2/5 cup
Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	0.002	.40 cup 2/5 cup
Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	0.002	.40 cup
Orange juice, frozen concentrate, unsweetened, undiluted	0.01	.35 cup
Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	0.01	.35 cup
Orange juice, raw	0.003	.40 cup 2/5 cup
Oranges, raw, all commercial varieties	0.02	.56 cup sections 1.04 small
Oranges, raw, California, valencias	0.022	.56 cup
Oranges, raw, Florida	0.015	.56 cup
Oranges, raw, navels	0.009	.71 fruit .61 cup sectioned

METHIONINE CONTENT OF FRUITS, VEGETABLE, NUTS AND SEEDS

Oranges, raw, with peel	0.027	.59 cup
Papayas, raw	0.002	.43 cups mashed
Parsley, freeze-dried	0.21	17 3/4 cup
Parsley, fresh	0.042	1.67 cup
Peaches, canned, extra light syrup, solids and liquids	0.01	.40 cup
Peaches, canned, juice pack, solids and liquids	0.015	.40 cup
Peaches, canned, light syrup pack, solids and liquids	0.011	.40 cup
Peaches, canned, water pack, solids and liquids	0.011	.41 cup
Peaches, dehydrated (low-moisture), sulfured, stewed	0.048	.41 cup
Peaches, dehydrated (low-moisture), sulfured, uncooked	0.118	.86 cup
Peaches, dried, sulfured, stewed, without added sugar	0.028	.39 cup
Peaches, dried, sulfured, uncooked	0.087	.63 cup
Peaches, frozen, sliced, sweetened	0.015	.40 cup thawed
Peaches, yellow, raw	0.01	.77 cup
Peanut butter, chunk style, with salt	0.262	.39 cup
Peanut butter, chunk style, without salt	0.262	.39 cup
Peanut butter, smooth style, with salt	0.265	.39 cup
Peanut butter, smooth style, without salt	0.265	.39 cup
Peanut flour, defatted	0.641	.60 cup
Peanut flour, low fat	0.415	1.67 cup
Peanuts, all types, cooked, boiled, with salt	0.166	.56 cup
Peanuts, all types, dry-roasted, with salt	0.291	.68 cup
Peanuts, all types, dry-roasted, without salt	0.291	.68 cup
Peanuts, all types, oil-roasted, with salt	0.291	.68 cup
Peanuts, all types, oil-roasted, without salt	0.291	.68 cup
Peanuts, all types, raw	0.317	.68 cup
Peanuts, spanish, oil-roasted, with salt	0.344	.68 cup
Peanuts, spanish, oil-roasted, without salt	0.344	.68 cup
Peanuts, spanish, raw	0.321	.68 cup
Peanuts, valencia, oil-roasted, with salt	0.332	.69 cup
Peanuts, valencia, oil-roasted, without salt	0.332	.69 cup
Peanuts, valencia, raw	0.308	.68 cup
Peanuts, virginia, oil-roasted, with salt	0.317	.70 cup
Peanuts, virginia, oil-roasted, without salt	0.317	.70 cup
Peanuts, virginia, raw	0.309	.68 cup
Pears, asian, raw	0.006	1/2 medium
Pears, canned, extra heavy syrup pack, solids and liquids	0.002	.71 cup sliced
Pears, canned, extra light syrup pack, solids and liquids	0.004	1/2 cup
Pears, canned, heavy syrup pack, solids and liquids	0.002	.71 cup sliced
Pears, canned, juice pack, solids and liquids	0.004	1/2 cup
Pears, canned, light syrup pack, solids and liquids	0.002	.71 cup sliced
Pears, canned, water pack, solids and liquids	0.002	.71 cup sliced
Pears, canned, water pack, solids and liquids	0.002	.71 cup sliced

METHIONINE CONTENT OF FRUITS, VEGETABLE, NUTS AND SEEDS

Pears, dried, sulfured, stewed, without added sugar	0.011	.39 cup halves
Pears, dried, sulfured, uncooked	0.022	.56 cup halves
Pears, raw	0.002	1/2 medium
Pears, raw, bartlett	0.002	1/2 medium
Pears, raw, bosc	0.002	1/2 medium
Pears, raw, green anjou	0.003	.71 cup sliced 1/2 medium
Pears, raw, red anjou	0.002	1/2 medium
Peas and carrots, canned, no salt added, solids and liquids	0.031	.39 cup
Peas and carrots, canned, regular pack, solids and liquids	0.031	.39 cup
Peas and carrots, frozen, cooked, boiled, drained, with salt	0.044	.63 cup
Peas and carrots, frozen, cooked, boiled, drained, without salt	0.045	.63 cup
Peas and carrots, frozen, unprepared	0.049	.72 cup
Peas and onions, canned, solids and liquids	0.048	.83 cup
Peas and onions, frozen, cooked, boiled, drained, with salt	0.037	.56 cup
Peas and onions, frozen, cooked, boiled, drained, without salt	0.037	.56 cup
Peas and onions, frozen, unprepared	0.059	.73 cup
Peas, edible-podded, boiled, drained, without salt	0.013	.63 cup
Peas, edible-podded, cooked, boiled, drained, with salt	0.013	.63 cup
Peas, edible-podded, frozen, cooked, boiled, drained, with salt	0.014	.63 cup
Peas, edible-podded, frozen, cooked, boiled, drained, without salt	0.014	.63 cup
Peas, edible-podded, frozen, unprepared	0.011	.69 cup
Peas, edible-podded, raw	0.011	1 cup
Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	0.068	.57 cup
Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	0.068	.57 cup
Peas, green, canned, drained solids, rinsed in tap water	0.1	.61 cup
Peas, green, canned, no salt added, drained solids	0.067	.40 cup
Peas, green, canned, no salt added, drained solids	0.067	.40 cup
Peas, green, canned, no salt added, solids and liquids	0.048	.40 cup
Peas, green, canned, regular pack, solids and liquids	0.047	.40 cup
Peas, green, canned, seasoned, solids and liquids	0.047	.40 cup
Peas, green, cooked, boiled, drained, with salt	0.081	.63 cup
Peas, green, cooked, boiled, drained, without salt	0.081	.63 cup
Peas, green, frozen, cooked, boiled, drained, with salt	0.078	.63 cup
Peas, green, frozen, cooked, boiled, drained, without salt	0.078	.63 cup
Peas, green, frozen, unprepared	0.079	.75 cup
Peas, green, raw	0.082	.69 cup
Peas, green, split, mature seeds, raw	0.251	.51 cup
Peas, mature seeds, sprouted, raw	0.069	.83 cup
Peas, mature seeds, sprouted, raw	0.069	.83 cup
Peas, split, mature seeds, cooked, boiled, with salt	0.085	.51 cup
Peas, split, mature seeds, cooked, boiled, without salt	0.085	.51 cup
Peppermint, fresh	0.053	4 cups
Peppers, ancho, dried	0.142	5.9 peppers

METHIONINE CONTENT OF FRUITS, VEGETABLE, NUTS AND SEEDS

Peppers, chili, green, canned	0.009	.72 cup
Peppers, hot chile, sun-dried	0.127	.37 cup
Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	0.011	2.94 cup
Peppers, hot chili, green, raw	0.024	.67 cup
Peppers, hot chili, red, canned, excluding seeds, solids and liquids	0.011	.74 cup
Peppers, hot chili, red, raw	0.024	.67 cup
Peppers, hungarian, raw	0.01	.81 cup
Peppers, jalapeno, canned, solids and liquids	0.012	.74 cups chopped
Peppers, sweet, green, canned, solids and liquids	0.01	.71 cup
Peppers, sweet, green, cooked, boiled, drained, with salt	0.011	.74 cup
Peppers, sweet, green, cooked, boiled, drained, without salt	0.011	.74 cup chopped or strips
Peppers, sweet, green, freeze-dried	0.215	15 3/4 cup
Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	0.011	.74 cup
Peppers, sweet, green, frozen, chopped, unprepared	0.013	.63 cup
Peppers, sweet, green, raw	0.007	.67 > 2/3 cup
Peppers, sweet, green, sauteed	0.007	.67 > 2/3 cup
Peppers, sweet, red, canned, solids and liquids	0.01	.71 cup
Peppers, sweet, red, cooked, boiled, drained, with salt	0.011	.74 cup
Peppers, sweet, red, cooked, boiled, drained, without salt	0.011	.74 cup
Peppers, sweet, red, freeze-dried	0.215	15 3/4 cup
Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	0.005	.67 cup
Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	0.005	.67 cup
Peppers, sweet, red, frozen, chopped, unprepared	0.013	.63 cup
Peppers, sweet, red, raw	0.006	.67 cup
Peppers, sweet, red, sauteed	0.006	.67 cup
Peppers, sweet, yellow, raw	0.012	.67 cup
Persimmons, japanese, dried	0.012	.60 fruit
Persimmons, japanese, raw	0.005	3/5 medium fruit
Persimmons, native, raw	0.007	3/5 medium fruit
Pickle relish, hot dog	0.018	.41 cup
Pickles, cucumber, dill or kosher dill	0.005	.65 cup sliced
Pickles, cucumber, dill, reduced sodium	0.005	.65 cup sliced
Pickles, cucumber, sour	0.003	.65 cup apr. 2/3 cup
Pickles, cucumber, sour, low sodium	0.003	.65 cup apr. 2/3 cup
Pickles, cucumber, sweet (includes bread and butter pickles)	0.01	.65 cup sliced 3 pickles
Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	0.076	.60 cup
Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	0.076	.60 cup
Pigeon peas (red gram), mature seeds, raw	0.243	.49 cup
Pimento, canned	0.013	.52 cup
Pineapple, canned, juice pack, solids and liquids	0.011	.40 crushed sliced chunks, 2.13 rings
Pineapple, canned, light syrup pack, solids and liquids	0.009	.38 cup crushed sliced or chunks
Pineapple, canned, water pack, solids and liquids	0.011	.40 crushed sliced chunks, 2.13 rings

METHIONINE CONTENT OF FRUITS, VEGETABLE, NUTS AND SEEDS

Pineapple, frozen, chunks, sweetened	0.011	.41 cup
Pineapple, raw, all varieties	0.012	.61 cup .11 fruit .85 fried green 1/2 cup mashed
Plantains, cooked	0.01	.65 sliced
Plantains, raw	0.017	.68 cup
Plums, canned, purple, juice pack, solids and liquids	0.004	.40 cup 2/5 cup
Plums, canned, purple, light syrup pack, solids and liquids	0.003	.40 cup 2/5 cup
Plums, canned, purple, water pack, solids and liquids	0.003	.40 cup 2/5 cup
Plums, dried (prunes), uncooked	0.016	.57 cup
Plums, raw	0.008	.61 cup 1 & 1/2 medium fruit
Potato flour	0.107	.63 cup
Potato puffs, frozen, oven-heated	0.034	.78 cup 14 1/4 puffs
Potato puffs, frozen, unprepared	0.031	.83 cup
Potatoes, baked, flesh and skin, with salt	0.038	.82 cup or 1/2 medium
Potatoes, baked, flesh and skin, without salt	0.038	.82 cup or 1/2 medium
Potatoes, baked, flesh, with salt	0.031	.82 cup or 1/2 medium
Potatoes, baked, flesh, without salt	0.031	.82 cup or 1/2 medium
Potatoes, boiled, cooked in skin, flesh, with salt	0.03	.64 cup or .60 medium
Potatoes, boiled, cooked in skin, flesh, without salt	0.03	.64 cup or .60 medium
Potatoes, boiled, cooked without skin, flesh, with salt	0.027	.64 cup or .60 medium
Potatoes, boiled, cooked without skin, flesh, without salt	0.027	.64 cup or .60 medium
Potatoes, canned, drained solids	0.022	.56 cup
Potatoes, canned, solids and liquids	0.019	.33 cup
Potatoes, flesh and skin, raw	0.032	.67 diced .47 medium
Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	0.044	.47 cup
Potatoes, frozen, whole, unprepared	0.038	.78 cup
Potatoes, hash brown, home-prepared	0.047	.64 cup
Potatoes, microwaved, cooked in skin, flesh and skin, without salt	0.039	.64 cup
Potatoes, microwaved, cooked in skin, flesh, with salt	0.033	.64 cup
Potatoes, microwaved, cooked in skin, flesh, without salt	0.033	.64 cup
Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	0.039	.64 cup
Potatoes, red, flesh and skin, baked	0.035	.67 cup diced or .47 medium
Potatoes, white, flesh and skin, baked	0.032	.67 cup
Pumpkin leaves, cooked, boiled, drained, with salt	0.047	1.41 cup
Pumpkin leaves, cooked, boiled, drained, without salt	0.047	1.41 cup
Pumpkin leaves, raw	0.054	2.56 cup
Pumpkin pie mix, canned	0.012	.37 cup
Pumpkin, canned, with salt	0.012	.41 cup
Pumpkin, canned, without salt	0.012	.41 cup
Pumpkin, cooked, boiled, drained, with salt	0.008	.41 cup
Pumpkin, cooked, boiled, drained, without salt	0.008	.41 cup
Pumpkin, raw	0.011	.86 cup cubes
Purslane, cooked, boiled, drained, with salt	0.014	.87 cup

METHIONINE CONTENT OF FRUITS, VEGETABLE, NUTS AND SEEDS

Purslane, cooked, boiled, drained, without salt	0.014	.87 cup
Radicchio, raw	0.008	.40 cup
Radishes, oriental, cooked, boiled, drained, with salt	0.006	.86 cup
Radishes, oriental, cooked, boiled, drained, without salt	0.006	.68 cup
Radishes, oriental, dried	0.075	.86 cup
Radishes, oriental, raw	0.006	.86 cup
Radishes, raw	0.01	.86 cup sliced 50 small fruits
Radishes, white icicle, raw	0.01	1 cup sliced
Raisins, seedless	0.021	.61 cup packed
Refried beans, canned, traditional style (includes USDA commodity)	0.083	.23 cup
Refried beans, canned, traditional, reduced sodium	0.065	.42 cup
Rosemary, fresh	0.047	58.8 Tbsp
Salt, table	0	
Sapodilla, raw	0.003	.41 cups
Sapote, mamey, raw	0.024	.57 cup
Sauerkraut, canned, solids and liquids	0.009	.70 cup
Sausage, meatless	0.253	depends on brand
Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	0.254	5 cup
Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	0.031	1 cup
Seaweed, kelp, raw	0.025	1 1/4 cup
Seaweed, laver, raw	0.145	38 sheets
Seaweed, spirulina, dried	1.149	.89 cup
Seaweed, wakame, raw	0.063	1 1/4 cup
Seeds, breadfruit seeds, boiled	0.069	
Seeds, breadfruit seeds, raw	0.096	.45 cup
Seeds, breadfruit seeds, roasted	0.081	
Seeds, breadnut tree seeds, dried	0.05	
Seeds, breadnut tree seeds, raw	0.035	
Seeds, chia seeds, dried	0.588	.63 cup
Seeds, cottonseed kernels, roasted (glandless)	0.529	.67 cup
Seeds, flaxseed	0.37	.60 or 3/5 cup whole ground
Seeds, hemp seed, hulled	0.933	.62 cup
Seeds, lotus seeds, dried	0.267	3.13 cup
Seeds, lotus seeds, raw	0.072	3.13 cup
Seeds, pumpkin and squash seed kernels, dried	0.603	.78 cup
Seeds, pumpkin and squash seed kernels, roasted, with salt added	0.595	.85 cup
Seeds, pumpkin and squash seed kernels, roasted, without salt	0.595	.85 cup
Seeds, pumpkin and squash seeds, whole, roasted, with salt added	0.417	1.56 cup
Seeds, pumpkin and squash seeds, whole, roasted, without salt	0.417	1.56 cup
Seeds, safflower seed kernels, dried	0.284	
Seeds, safflower seed meal, partially defatted	0.625	
Seeds, sesame butter, paste	0.597	6 2/3 tbsp

METHIONINE CONTENT OF FRUITS, VEGETABLE, NUTS AND SEEDS

Seeds, sesame butter, tahini, from raw and stone ground kernels	0.588	6 2/3 tbsp
Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	0.561	6 2/3 cup
Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	0.593	6 2/3 tbsp
Seeds, sesame flour, high-fat	1.016	.67 cup
Seeds, sesame flour, low-fat	1.656	.67 cup
Seeds, sesame flour, partially defatted	1.331	.16 cup
Seeds, sesame meal, partially defatted	0.56	1.56 cup
Seeds, sesame seed kernels, dried (decorticated)	0.88	.67 cup
Seeds, sesame seed kernels, toasted, with salt added (decorticated)	0.56	.67 cup
Seeds, sesame seed kernels, toasted, without salt added (decorticated)	0.56	.67 cup
Seeds, sesame seeds, whole, dried	0.586	.69 cup
Seeds, sesame seeds, whole, roasted and toasted	0.56	.69 cup
Seeds, sisymbrium sp. seeds, whole, dried	0.311	1.35 cup
Seeds, sunflower seed butter, with salt added	0.435	6 1/4 tbsp
Seeds, sunflower seed butter, without salt	0.435	6 1/4 tbsp
Seeds, sunflower seed flour, partially defatted	1.043	1.56 cup
Seeds, sunflower seed kernels from shell, dry roasted, with salt added	0.42	.78 cup
Seeds, sunflower seed kernels, dried	0.494	.78 cup
Seeds, sunflower seed kernels, dry roasted, with salt added	0.42	.78 cup
Seeds, sunflower seed kernels, dry roasted, without salt	0.42	.78 cup
Seeds, sunflower seed kernels, oil roasted, with salt added	0.435	.74 cup
Seeds, sunflower seed kernels, oil roasted, without salt	0.435	.74 cup
Seeds, sunflower seed kernels, toasted, with salt added	0.374	.75 cup
Seeds, sunflower seed kernels, toasted, without salt	0.374	.75 cup
Seeds, watermelon seed kernels, dried	0.834	.93 cup
Sesbania flower, cooked, steamed, with salt	0.014	.96 cup
Sesbania flower, cooked, steamed, without salt	0.014	.96 cup
Sesbania flower, raw	0.016	5 cup
Shallots, freeze-dried	0.134	6.9 cup
Shallots, raw	0.027	1 cup
Soursop, raw	0.007	.44 cup pulp
Soy flour, defatted	0.634	.95 cup
Soy flour, full-fat, raw	0.466	1.19 cup
Soy flour, full-fat, roasted	0.469	1.18 cup
Soy meal, defatted, raw	0.606	.82 cup
Soy protein isolate	1.13	.58 cup
Soy protein isolate, potassium type	1.13	.58 cup
Soy sauce made from soy (tamari)	0.167	.38 cup
Soybeans, green, cooked, boiled, drained, with salt	0.15	.56 cup
Soybeans, green, cooked, boiled, drained, without salt	0.15	.56 cup
Soybeans, green, raw	0.157	.39 cup
Soybeans, mature cooked, boiled, without salt	0.224	.58 cup

METHIONINE CONTENT OF FRUITS, VEGETABLE, NUTS AND SEEDS

Soybeans, mature seeds, cooked, boiled, with salt	0.224	.58 cup
Soybeans, mature seeds, dry roasted	0.534	1 cup
Soybeans, mature seeds, raw	0.547	.54 cup
Soybeans, mature seeds, roasted, no salt added	0.475	.58 cup
Soybeans, mature seeds, roasted, salted	0.475	.58 cup
Soybeans, mature seeds, sprouted, cooked, steamed	0.089	1.06 cup
Soybeans, mature seeds, sprouted, cooked, steamed, with salt	0.089	1.06 cup
Soybeans, mature seeds, sprouted, raw	0.138	1.43 cup
Soybeans, mature seeds, sprouted, raw	0.138	1.43 cup
Soy milk, original and vanilla, unfortified	0.027	.41 cup
Soy milk, original and vanilla, with added calcium, vitamins A and D	0.016	.41 cup
Spearmint, dried	0.281	
Spearmint, fresh	0.046	4 cups
Spices, basil, dried	0.32	22.2 tbsps
Spices, caraway seed	0.361	.93 cup
Spices, chili powder	0.13	12 1/2 tbsps
Spices, cinnamon, ground	0.078	38.5 tsp
Spices, cloves, ground	0.08	47.62 tsp
Spices, curry powder	0.19	15.9 tbsps
Spices, dill seed	0.143	11 1/4 cup
Spices, fennel seed	0.301	50 tsp or 19.9 tbsps
Spices, fenugreek seed	0.338	27 tsp or 9 tbsps
Spices, garlic powder	0.111	10 1/3 tbsps
Spices, ginger, ground	0.089	19.23 tbsps
Spices, mustard seed, ground	0.483	15.87 tbsps
Spices, onion powder	0.09	.91 cup
Spices, oregano, dried	0.127	33 1/3 tbsps or 100 tsp
Spices, paprika	0.2	14.7 tbsps
Spices, parsley, dried	0.596	62 1/2 tbsps
Spices, pepper, black	0.096	55 1/2 tsp
Spices, poppy seed	0.502	11 1/3 tbsps
Spices, turmeric, ground	0.14	11 1/3 tbsps or 33.33 tsp
Spinach, canned, no salt added, solids and liquids	0.039	.43 cup
Spinach, canned, regular pack, drained solids	0.052	.43 cup
Spinach, canned, regular pack, solids and liquids	0.039	.43 cup
Spinach, cooked, boiled, drained, with salt	0.055	.56 cup
Spinach, cooked, boiled, drained, without salt	0.055	.56 cup
Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	0.053	.53 cup
Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	0.053	.53 cup
Spinach, frozen, chopped or leaf, unprepared	0.052	.64 cup
Spinach, raw	0.053	3 1/3 cup
Squash, summer, all varieties, cooked, boiled, drained, with salt	0.013	.48 cup
Squash, summer, all varieties, cooked, boiled, drained, without salt	0.013	.48 cup

METHIONINE CONTENT OF FRUITS, VEGETABLE, NUTS AND SEEDS

Squash, summer, all varieties, raw	0.017	.88 cup
Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	0.009	.79 cup
Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	0.013	.48 cup
Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	0.013	.48 cup
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	0.018	.52 cup
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	0.018	.52 cup
Squash, summer, crookneck and straightneck, frozen, unprepared	0.012	.77 cup sliced
Squash, summer, crookneck and straightneck, raw	0.014	.77 cup sliced
Squash, summer, scallop, cooked, boiled, drained, with salt	0.015	.48 cup
Squash, summer, scallop, cooked, boiled, drained, without salt	0.015	.48 cup
Squash, summer, scallop, raw	0.017	.77 cup sliced
Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	0.009	.45 cup
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	0.009	.45 cup
Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	0.016	.45 cup
Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	0.016	.45 cup
Squash, summer, zucchini, includes skin, frozen, unprepared	0.017	.45 cup
Squash, summer, zucchini, includes skin, raw	0.018	.88 sliced
Squash, summer, zucchini, italian style, canned	0.015	.44 cup
Squash, winter, acorn, cooked, baked, with salt	0.014	.49 cup
Squash, winter, acorn, cooked, baked, without salt	0.014	.49 cup
Squash, winter, acorn, cooked, boiled, mashed, with salt	0.008	.41 cup
Squash, winter, acorn, cooked, boiled, mashed, without salt	0.008	.42 cup
Squash, winter, acorn, raw	0.01	.71 cup cubes
Squash, winter, all varieties, cooked, baked, with salt	0.011	.49 cup
Squash, winter, all varieties, cooked, baked, without salt	0.011	.49 cup
Squash, winter, all varieties, raw	0.018	.71 cup cubes
Squash, winter, butternut, cooked, baked, with salt	0.011	.49 cup
Squash, winter, butternut, cooked, baked, without salt	0.011	.48 cup cubes
Squash, winter, butternut, frozen, cooked, boiled, with salt	0.015	.48 cup
Squash, winter, butternut, frozen, cooked, boiled, without salt	0.015	.48 cup
Squash, winter, butternut, frozen, unprepared	0.022	.71 cup cubes
Squash, winter, butternut, raw	0.012	.71 cup cubes
Squash, winter, hubbard, baked, with salt	0.018	.49 cup
Squash, winter, hubbard, baked, without salt	0.018	.49 cup
Squash, winter, hubbard, cooked, boiled, mashed, with salt	0.018	.42 cup mashed
Squash, winter, hubbard, cooked, boiled, mashed, without salt	0.018	.42 cup mashed
Squash, winter, hubbard, raw	0.025	.86 cup cubes
Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	0.007	.65 < 2/3 cup
Squash, winter, spaghetti, raw	0.007	.65 < 2/3 cup
Squash, zucchini, baby, raw	0.039	.81 cup
Strawberries, canned, heavy syrup pack, solids and liquids	0.001	.69 cup
Strawberries, frozen, sweetened, sliced	0.001	3/5 cup

METHIONINE CONTENT OF FRUITS, VEGETABLE, NUTS AND SEEDS

Strawberries, frozen, sweetened, whole	0.001	.69 cup
Strawberries, frozen, unsweetened	0.001	.69 cup
Strawberries, raw	0.002	.69 cup
Sugar-apples, (sweetsop), raw	0.007	.40 cup pulp
Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	0.035	1.78 cup
Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	0.035	1.78 cup
Swamp cabbage, (skunk cabbage), raw	0.044	1.79 cup chopped
Sweet potato leaves, cooked, steamed, with salt	0.05	1.56 cup
Sweet potato leaves, cooked, steamed, without salt	0.05	1.56 cup
Sweet potato leaves, raw	0.086	2.86 cup chopped
Sweet potato, canned, mashed	0.049	.39 cup mashed
Sweet potato, canned, vacuum pack	0.03	.39 cup mashed
Sweet potato, cooked, baked in skin, flesh, with salt	0.037	.50 cup
Sweet potato, cooked, baked in skin, flesh, without salt	0.037	.50 cup
Sweet potato, cooked, boiled, without skin	0.025	.30 cup mashed
Sweet potato, cooked, boiled, without skin, with salt	0.041	.30 cup mashed
Sweet potato, frozen, cooked, baked, with salt	0.042	.57 cup cubes
Sweet potato, frozen, cooked, baked, without salt	0.042	.57 cup cubes
Sweet potato, frozen, unprepared	0.042	.57 cup
Sweet potato, raw, unprepared	0.029	.75 cup cubes
Tamarinds, raw	0.014	.83 cup pulp
Tangerine juice, canned, sweetened	0.002	.40 cup
Tangerine juice, raw	0.002	.40 cup
Tangerines, (mandarin oranges), canned, juice pack	0.013	.40 cup
Tangerines, (mandarin oranges), canned, light syrup pack	0.01	.40 cup
Tangerines, (mandarin oranges), raw	0.002	.40 cup 2/5 cup
Taro leaves, cooked, steamed, without salt	0.043	.69 cup
Taro leaves, raw	0.079	3.57 cup
Taro, cooked, with salt	0.007	.76 cup sliced
Taro, cooked, without salt	0.007	.76 cup sliced < 3/4
Taro, leaves, cooked, steamed, with salt	0.043	.69 cup
Taro, raw	0.02	.96 cup
Tempeh	0.175	.60 cup
Tofu, dried-frozen (koyadofu)	0.613	.40 cup
Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	0.613	.40 cup
Tofu, extra firm, prepared with nigari	0.122	3.5 oz
Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	0.11	.40 cup
Tofu, fried	0.22	.40 cubes
Tofu, fried, prepared with calcium sulfate	0.23	.40 cubes
Tofu, hard, prepared with nigari	0.169	.40 cup cubed
Tofu, raw, firm, prepared with calcium sulfate	0.211	.40 cup
Tofu, raw, regular, prepared with calcium sulfate	0.108	.40 cup
Tofu, salted and fermented (fuyu)	0.104	.40 cup

METHIONINE CONTENT OF FRUITS, VEGETABLE, NUTS AND SEEDS

Tofu, salted and fermented (fuyu), prepared with calcium sulfate	0.109	.40 cup
Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	0.084	3.5 oz
Tomato juice, canned, without salt added	0.005	.41 cup
Tomato products, canned, paste, without salt added	0.027	.43 cup
Tomato products, canned, puree, with salt added	0.009	.43 cup
Tomato products, canned, puree, without salt added	0.009	.43 cup
Tomato products, canned, sauce	0.008	.41 cup
Tomato products, canned, sauce, spanish style	0.007	1 & 2/3 cup
Tomato products, canned, sauce, spanish style	0.007	1 & 2/3 cup
Tomato products, canned, sauce, with mushrooms	0.014	.41 cup
Tomato products, canned, sauce, with onions	0.01	.41 cup
Tomato products, canned, sauce, with onions, green peppers, and celery	0.005	1.66 cup
Tomato sauce, canned, no salt added	0.008	.41 cup
Tomatoes, crushed, canned	0.013	.83 cup
Tomatoes, green, raw	0.01	.56 cup 1.1 smal fruit
Tomatoes, orange, raw	0.01	.63 cup .90 fruit
Tomatoes, red, ripe, canned, packed in tomato juice	0.008	.42 cup
Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	0.008	.42 cup
Tomatoes, red, ripe, canned, stewed	0.008	.41 cup
Tomatoes, red, ripe, cooked	0.009	.43 cup
Tomatoes, red, ripe, cooked, stewed	0.024	.99 cup
Tomatoes, red, ripe, cooked, with salt	0.009	.43 cup
Tomatoes, red, ripe, raw, year round average	0.006	3/4 medium, 5 & 3/4 cherry, 1.2/3 roma
Tomatoes, sun-dried	0.122	1.85 cup
Tomatoes, sun-dried	0.122	1.85 cup
Tomatoes, yellow, raw	0.008	.72 cup chopped
Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	0.065	.61 cup
Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	0.065	.61 cup
Turnip greens and turnips, frozen, unprepared	0.048	
Turnip greens, canned, solids and liquids	0.031	.43 cup
Turnip greens, cooked, boiled, drained, with salt	0.026	.69 cup chopped
Turnip greens, cooked, boiled, drained, without salt	0.026	.69 cup chopped
Turnip greens, frozen, cooked, boiled, drained, with salt	0.076	.61 cup
Turnip greens, frozen, cooked, boiled, drained, without salt	0.076	.61 cup
Turnip greens, frozen, unprepared	0.056	1.82 cup chopped
Turnip greens, raw	0.034	1.82 cup chopped
Turnips, cooked, boiled, drained, with salt	0.009	.43 cup mashed
Turnips, cooked, boiled, drained, without salt	0.009	.43 cup
Turnips, frozen, cooked, boiled, drained, with salt	0.019	.43 cup
Turnips, frozen, cooked, boiled, drained, without salt	0.019	.64 cup
Turnips, frozen, unprepared	0.013	.61 cup
Turnips, raw	0.011	.77 cup .82 medium

METHIONINE CONTENT OF FRUITS, VEGETABLE, NUTS AND SEEDS

USDA Commodity, Peanut Butter, smooth	0.262	.39 cup
Vegetable juice cocktail, canned	0.006	.40 cup 2/5 cup
Vegetable juice cocktail, low sodium, canned	0.006	.40 cup 2/5 cup
Vegetables, mixed, canned, drained solids	0.031	.61 cup
Vegetables, mixed, canned, solids and liquids	0.017	
Vegetables, mixed, frozen, cooked, boiled, drained, with salt	0.034	.55 cup
Vegetables, mixed, frozen, cooked, boiled, drained, without salt	0.034	.55 cup
Vegetables, mixed, frozen, unprepared	0.04	
Veggie burgers or soyburgers, unprepared	0.291	depends on brand
Vinegar, cider	0	
Watercress, raw	0.02	2.94 cup
Watermelon, raw	0.006	.66 cup diced 2/3 cup
Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	0.003	.76 cup
Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	0.003	.76 cup
Waxgourd, (chinese preserving melon), raw	0.003	.76 cup cubed
Winged beans, mature seeds, cooked, boiled, with salt	0.109	.38 cup
Winged beans, mature seeds, cooked, boiled, without salt	0.109	.38 cup
Winged beans, mature seeds, raw	0.356	.55 cup
Yam, cooked, boiled, drained, or baked, with salt	0.02	.74 cup
Yam, cooked, boiled, drained, or baked, without salt	0.02	.74 cup
Yam, raw	0.021	
Yambean (jicama), raw	0.007	.77 cup
Yardlong bean, cooked, boiled, drained, with salt	0.036	.96 cup slices
Yardlong bean, cooked, boiled, drained, without salt	0.036	.96 slices
Yardlong bean, raw	0.04	1.1 cup sliced
Yardlong beans, mature seeds, cooked, boiled, with salt	0.118	.58 cup
Yardlong beans, mature seeds, cooked, boiled, without salt	0.118	.58 cup
Yardlong beans, mature seeds, raw	0.346	.60 or 3/5 cup
Yardlong beans, mature seeds, raw	0.346	.60 or 3/5 cup