



## Vitamin C Content of Vegetables

<b>Higher in Vitamin C</b>	
Vegetable	mg vitamin C / 100 g
Red Bell Pepper	190
Parsley	133
Kale	120
Broccoli	93
Dill Weed	80
Brussel Sprouts	85
Green Pepper	81
Mustard Greens	70
Kohlrabi	62
Turnip Greens	60
Red Cabbage	57
Cauliflower	46
Chinese Cabbage	45
Watercress	43
Collard Greens	35
Dandelion Greens	35
Green Cabbage	37
Beet Greens	30
Swiss Chard	30
Spinach	28
Cilantro	27
Rutabaga	25
Romaine Lettuce	24
Chicory Greens	24

<b>Lower in Vitamin C</b>	
Vegetable	mg vitamin C / 100 g
Sweet Potato	23
Okra	21
Turnip	21
Purslane	21
Tomato	19
Lettuce, Loose Leaf	18
Parsnips	17
Green Beans	16
Basil	16
Squash (summer)	15
Asparagus	13
Squash (winter)	12
Snap Peas	12
Carrots	9
Pumpkin	9
Baby Carrots	8
Alfalfa Sprouts	8
Lettuce, Bibb	8
Celery	7
Corn	7
Escarole	7
Cucumber	5
Beets	5
Endive, Belgian	3