

# Foods and their ORAC Value / $\mu$ mol TE/100 gram

The ORAC value is expressed in micromoles of Trolox Equivalents per 100 grams of sample (this is the laboratory measure of ORAC).

Nutrient Data Laboratory, Agriculture Research Service, US Department of Agriculture, Oxygen radical absorbance capacity (ORAC) of Selected Foods - 2007.

<b>Item</b>	<b>ORAC Value</b>
Spices, cloves, ground	314,446
Sumac, bran, raw	312,400
Spices, cinnamon, ground	267,536
Sorghum, bran, hi-tannin	240,000
<b>Cold pressed Cocoa, dry powder, unsweetened</b>	<b>224,152</b>
Spices, oregano, dried	200,129
<b>Acai berry, freeze-dried</b>	<b>161,400</b>
Spices, turmeric, ground	159,277
Sorghum, bran, black	100,800
Sumac, grain, raw	86,800
Cocoa, dry powder, unsweetened	80,933
Spices, cumin seed	76,800
Maqui berry, concentrated powder	75,000
Spices, parsley, dried	74,349
Sorghum, bran, red	71,000
Spices, basil, dried	67,553
Baking chocolate, unsweetened, squares	49,926
Spices, curry powder	48,504
Sorghum, grain, hi-tannin	45,400
Chocolate, dutched powder	40,200
Sage, fresh	40,000
Sage, fresh	32,004
Spices, mustard seed, yellow	29,257
Spices, ginger, ground	28,811
Spices, pepper, black	27,618
Thyme, fresh	27,426
Marjoram, fresh	27,297
Goji berries	25,300
Rice bran, crude	24,287
Spices, chili powder	23,636

Sorghum, grain, black	21,900
Candies, chocolate, dark	20,823
Flax hull lignans	19,600
Candies, semisweet chocolate	18,053
Nuts, pecans	17,940
Spices, paprika	17,919
Chokeberry, raw	16,062
Tarragon, fresh	15,542
Ginger root, raw	14,840
Elderberries, raw	14,697
Sorghum, grain, red	14,000
Peppermint, fresh	13,978
Oregano, fresh	13,970
Nuts, walnuts, english	13,541
Nuts, hazelnuts or filberts	9,645
Cranberries, raw	9,584
Pears, dried to 40% moisture (purchased in Italy)	9,496
Savory, fresh	9,465
Artichokes, Ocean Mist, boiled	9,416
Artichokes, Ocean Mist, Microwaved	9,402
Beans, kidney, red, mature seeds, raw	8,459
Beans, pink, mature seeds, raw	8,320
Beans, black, mature seeds, raw	8,040
Nuts, pistachio nuts, raw	7,983
Currants, european black, raw	7,960
Beans, pinto, mature seeds, raw	7,779
Plums, black diamond, with peel, raw	7,581
Candies, milk chocolate	7,528
Lentils, raw	7,282
Agave, dried (Southwest)	7,274
Apples, dried to 40% moisture (purchased in Italy)	6,681
Spices, garlic powder	6,665
Artichokes, (globe or french), raw	6,552
<b>Blueberries, raw</b>	<b>6,552</b>
Plums, dried (prunes), uncooked	6,552
Beans, black turtle soup, mature seeds, raw	6,416
Sorghum, bran, white	6,400
Chocolate syrup	6,330
Plums, raw	6,259

Babyfood, fruit, peaches	6,257
Lemon balm, leaves, raw	5,997
Soybeans, mature seeds, raw	5,764
Spices, onion powder	5,735
Blackberries, raw	5,347
Garlic, raw	5,346
Coriander (cilantro) leaves, raw	5,141
Alcoholic Beverage, wine, table, red, Cabernet Sauvignon	5,034
Raspberries, raw	4,882
Babyfood, fruit, apple and blueberry, junior	4,822
Basil, fresh	4,805
Nuts, almonds	4,454
Dill weed, fresh	4,392
Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	4,343
Apples, Red Delicious, raw. with skin	4,275
Peaches, dried to 40% moisture (purchased in Italy)	4,222
Raisins, white, dried to 40% moisture (purchased in Italy)	4,188
Babyfood, fruit, applesauce, strained	4,123
Apples, Granny Smith, raw, with skin	3,898
Dates, deglet noor	3,895
Alcoholic beverage, wine, table, red	3,873
Strawberries, raw	3,577
Peanut butter, smooth style, with salt	3,432
Currants, red, raw	3,387
Figs, raw	3,383
Cherries, sweet, raw	3,365
Gooseberries, raw	3,277
Apricots, dried to 40% moisture (purchased in Italy)	3,234
Peanuts, all types, raw	3,166
Cabbage, red, cooked, boiled, drained, without salt	3,145
Broccoli raab, raw	3,083
Apples, raw, with skin	3,082
Raisins, seedless	3,037
Pears, raw	2,941
Agave, cooked (Southwest)	2,938
Apples, Red Delicious, raw, without skin	2,936
Juice, Blueberry	2,906
Apples, Gala, raw, with skin	2,828
Spices, cardamom	2,764

Apples, Golden Delicious, raw, with skin	2,670
Babyfood, fruit, bananas	2,658
Apples, Fuji, raw, with skin	2,589
Apples, raw, without skin	2,573
Babyfood, fruit, peaches, junior	2,551
Guava, white-fleshed	2,550
Dates, medjool	2,387
Broccoli, cooked, boiled, drained, without salt	2,386
Lettuce, red leaf, raw	2,380
Juice, Concord grape	2,377
Cereals, ready-to-eat, corn flakes	2,359
Juice, Pomegranate, 100%	2,341
Cereals, oats, instant, fortified, plain, dry	2,308
Cereals ready-to-eat, granola, low-fat, with raisins	2,294
Cabbage, red, raw	2,252
Apples, Golden Delicious, raw, without skin	2,210
Sorghum, grain, white	2,200
Radish seeds, sprouted, raw	2,184
Cereals ready-to-eat, oat bran	2,183
Cereals ready-to-eat, toasted oatmeal	2,175
Cereals, oats, quick, uncooked	2,169
Asparagus, raw	2,150
Cereals ready-to-eat, oatmeal, toasted squares	2,143
Sweet potato, cooked, baked in skin, without salt	2,115
Bread, butternut whole grain	2,104
Chives, raw	2,094
Cabbage, savoy, cooked, boiled, drained, without salt	2,050
Prune juice, canned	2,036
Guava, red-fleshed	1,990
Applesauce, canned, unsweetened, without added ascorbic acid	1,965
Bread, pumpernickel	1,963
Nuts, cashew nuts, raw	1,948
Beet greens, raw	1,946
Avocados, Hass, raw	1,933
Pears, green cultivars, with peel, raw	1,911
Rocket, raw	1,904
Oranges, raw, navels	1,819
Peaches, raw	1,814
Juice, red grape	1,788

Cabbage, black, cooked	1,773
Beets, raw	1,767
Pears, red anjou, raw	1,746
Snacks, popcorn, air-popped	1,743
Radishes, raw	1,736
Cereals, oats, old fashioned, uncooked	1,708
Tortilla chips, reduced fat, Olestra	1,704
Nuts, macadamia nuts, dry roasted, without salt added	1,695
Spinach, frozen, chopped or leaf, unprepared	1,687
Potatoes, Russet, flesh and skin, baked	1,680
Asparagus, cooked, boiled, drained	1,644
Tangerines, (mandarin oranges), raw	1,620
Broccoli raab, cooked	1,552
Grapefruit, raw, pink and red, all areas	1,548
Onions, red, raw	1,521
Beans, navy, mature seeds, raw	1,520
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	1,517
Spinach, raw	1,515
Alfalfa seeds, sprouted, raw	1,510
Juice, Cranberry/Concord grape	1,480
Lettuce, green leaf, raw	1,447
Lettuce, butterhead (includes boston and bibb types), raw	1,423
Bread, mixed-grain (includes whole-grain, 7-grain)	1,421
Nuts, brazilnuts, dried, unblanched	1,419
Broccoli, raw	1,362
Potatoes, red, flesh and skin, baked	1,326
Potatoes, russet, flesh and skin, raw	1,322
Bread, Oatnut	1,318
Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	1,303
Parsley, raw	1,301
Milk, chocolate, fluid, commercial, reduced fat	1,263
Grapes, red, raw	1,260
Tea, green, brewed	1,253
Agave, raw (Southwest)	1,247
Grapefruit juice, white, raw	1,238
Lemon juice, raw	1,225
Onions, yellow, sauteed	1,220
Kiwi, gold, raw	1,210
Olive oil, extra-virgin	1,150

Potatoes, white, flesh and skin, baked	1,138
Tea, brewed, prepared with tap water	1,128
Grapes, white or green, raw	1,118
Apricots, raw	1,115
Potatoes, red, flesh and skin, raw	1,098
Potatoes, white, flesh and skin, raw	1,058
Onions, raw	1,034
Alcoholic beverage, wine, table, rose	1,005
Juice, strawberry	1,002
Mangos, raw	1,002
Sauce, ready-to-serve, salsa	1,001
Peppers, sweet, orange, raw	984
Peppers, sweet, yellow, raw	965
Lettuce, cos or romaine, raw	963
Soybeans, mature seeds, sprouted, raw	962
Eggplant, raw	933
Peppers, sweet, green, raw	923
Beans, pinto, mature seeds, cooked, boiled, without salt	904
Sweet potato, raw, unprepared	902
Pineapple, raw, extra sweet variety	884
Kiwi fruit, (chinese gooseberries), fresh, raw	882
Bananas, raw	879
Juice, cranberry, 100% - cranberry blend, red	865
Onions, white, raw	863
Cabbage, cooked, boiled, drained, without salt	856
Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	847
Peppers, sweet, red, sauteed	847
Raisins, white, fresh (purchased in Italy)	830
Cauliflower, raw	829
Lime juice, raw	823
Grape juice, white	793
Peppers, sweet, red, raw	791
Olive oil, extra-virgin, w/parsley, home prepared	766
Sweet potato, cooked, boiled, without skin	766
Beans, snap, green, raw	759
Nectarines, raw	750
Peas, yellow, mature seeds, raw	741
Chilchen (Red Berry Beverage) (Navajo)	740
Corn, sweet, yellow, raw	728

Orange juice, raw	726
Pear juice, all varieties	704
Peppers, sweet, yellow, grilled	694
Tomato products, canned, sauce	694
Mush, blue corn with ash (Navajo)	684
Olive oil, extra-virgin, w/basil, home prepared	684
Carrots, raw	666
Cauliflower, cooked, boiled, drained, without salt	620
Nuts, pine nuts, dried	616
Peppers, sweet, green, sauteed	615
Onions, sweet, raw	614
Peas, green, frozen, unprepared	600
Catsup	578
Pineapple juice, canned, unsweetened, without added ascorbic acid	568
Vinegar, Apple	564
Pineapple, raw, traditional varieties	562
Olive oil, extra-virgin, w/garlic, home prepared	557
Vegetable juice cocktail, canned	548
Tomatoes, plum, raw	546
Peas, split, mature seeds, raw	524
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	522
Cabbage, raw	508
Celery, raw	497
Broccoli, frozen, spears, unprepared	496
Leeks, (bulb and lower leaf-portion), raw	490
Tomato juice, canned, with salt added	486
Cocoa mix, powder	485
Pumpkin, raw	483
Spices, poppy seed	481
Lettuce, iceberg (includes crisphead types), raw	438
Carrots, baby, raw	436
Peaches, canned, heavy syrup, drained	436
Babyfood, juice, pear	414
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	413
Vinegar, Red wine	410
Apple juice, canned or bottled, unsweetened, without added ascorbic acid	408
Tomatoes, red, ripe, cooked	406
Squash, winter, butternut, raw	396
Alcoholic beverage, wine, table, white	392

Pineapple, raw, all varieties	385
Tomatoes, red, ripe, raw, year round average	367
Carrots, cooked, boiled, drained, without salt	317
Melons, cantaloupe, raw	315
Fennel, bulb, raw	307
Beans, snap, green variety, canned, regular pack, solids and liquids	290
Vinegar, Apple and Honey	270
Eggplant, cooked, boiled, drained, without salt	245
Beans, lima, immature seeds, canned, regular pack, solids and liquids	243
Melons, honeydew, raw	241
Juice, cranberry, white	232
Vinegar, Honey	225
Olive oil, extra-virgin, w/garlic and red hot peppers, home prepared	219
Cucumber, with peel, raw	214
Squash, summer, zucchini, includes skin, raw	180
Watermelon, raw	142
Cucumber, peeled, raw	126
Oil, peanut, salad or cooking	106
Limes, raw	82