

Methionine – mg / 100g serving					
1656	Seeds, sesame flour, low-fat	312	Oats	197	Corn
1331	Seeds, sesame flour, partially defatted	311	Seeds, sisymbrium	196	Corn flour
1100	Soy protein isolate	309	Peanuts, virginia, r	196	Nuts, almonds, dry
1043	Seeds, sunflower seed flour, partially de	309	Quinoa, uncooked	195	Rice, white, long-gr
1016	Seeds, sesame flour, high-fat	308	Peanuts, valencia, i	194	Nuts, almonds, blan
1008	Nuts, brazilnuts, dried, unblanched	306	Rice bran, crude	191	Hyacinth beans, ma
880	Seeds, sesame seed kernels, dried (de	301	Spices, fennel seed	191	Rice, white, with pa
834	Seeds, watermelon seed kernels, dried	300	Nuts, hickorynuts, c	190	Barley, pearled, rav
814	Soy protein concentrate	294	Barley malt flour	190	Bulgur, dry
740	Seeds, pumpkin and squash seed kern	291	Peanuts, all types, i	189	Nuts, pecans, dry r
665	Seeds, cottonseed flour	291	Veggie burgers or s	188	Nuts, almonds, oil r
641	Peanut flour, defatted	286	Mung beans, matur	188	Rice, white, long-gr
627	Soy flour, low-fat	284	Seeds, safflower se	187	Cocoa, dry powder,
625	Seeds, safflower seed meal, partially de	283	Beans, french, mat	187	Falafel, home-prep
613	Tofu, dried-frozen (koyadofu)	281	Spearmint, dried [r	185	Candies, peanut ba
611	Nuts, butternuts, dried	279	Nuts, formulated, w	183	Nuts, pecans
606	Gelatins, dry powder, unsweetened	274	Nuts, cashew nuts,	183	Wheat flour, white,
606	Soy meal, defatted, raw, crude protein t	274	Nuts, formulated, w	180	Leeks, (bulb and lo
561	Seeds, sesame butter	273	Beans, navy, matur	180	Wheat flour, white (
560	Seeds, sesame meal, partially defatted	271	Lima beans, large, i	179	Mushrooms, shiitak
560	Seeds, sesame seeds	270	Noodles, egg, spin	179	Nuts, almonds, hon
551	Seeds, pumpkin and squash seed kern	267	Seeds, lotus seeds,	179	Rice, brown, long-g
534	Soybeans, mature seeds	262	Peanut butter, chur	177	Noodles, japanese,
529	Seeds, cottonseed kernels	261	Lima beans, thin se	175	Tempeh
520	Meat extender	261	Peanut butter, smo	175	Wheat flour, white,
502	Spices, poppy seed	259	Beans, pinto, matur	174	Pasta, fresh-refrige
494	Seeds, sunflower seed kernels	259	Nuts, pine nuts, dri	174	Wheat, soft red win
480	Spices, mustard seed, yellow	258	Spelt, uncooked	173	Cornmeal, self-risin
475	Soybeans, mature seeds	255	Lupins, mature see	172	Buckwheat
467	Nuts, walnuts, black, dried	253	Chickpeas (garban:	172	Nuts, almond butter
466	Soy flour, full-fat	253	Sausage, meatless	171	Wheat flour, white,
456	Wheat germ, crude	251	Kamut, uncooked	170	Cornmeal, whole-gr
435	Wild rice, raw	251	Peas, split, mature	169	Rice, brown, mediu
435	Seeds, sunflower seed kernels	248	Rye	169	Sorghum
428	Teff, uncooked	243	Pigeon peas (red gi	168	Rice, white, long-gr
427	Seeds, sunflower seed butter	240	Barley, hulled	167	Soy sauce made fr
420	Seeds, sunflower seed kernels	239	Nuts, formulated, w	166	Cornmeal, degerme
417	Seeds, pumpkin and squash seeds	236	Macaroni, whole-wl	166	Peanuts, all types, i
415	Peanut flour, low fat	236	Nuts, walnuts, wh	165	Nuts, chestnuts, ch
395	Nuts, pilinuts-canarytree, dried	236	Spaghetti, whole-wl	164	Buckwheat flour, wl
381	Beans, kidney, royal red, mature seeds,	234	Wheat bran, crude	163	Rice flour, brown
374	Seeds, sunflower seed kernels	231	Chives, freeze-drie	163	Wheat flour, white (
372	Papad	230	Wheat, hard red sp	162	Tofu, hard, prepare
370	Seeds, flaxseed	228	Nuts, mixed nuts, d	160	Candies, KIT KAT \
367	Beans, kidney, california red, raw	226	Amaranth, uncooke	160	Rice, white, glutinoi
367	Mungo beans, mature seeds, raw	224	Soybeans, mature s	157	Soybeans, green, r
362	Nuts, cashew nuts, raw	222	Nuts, hazelnuts or f	156	Pasta, corn, dry
361	Spices, caraway seed	221	Millet, raw	155	Rice, white, mediu
356	Winged beans, mature seeds, raw	221	Nuts, hazelnuts or f	153	Buckwheat groats,
355	Beans, kidney, all types, mature seeds,	221	Wheat, durum	153	Egg custards, dry n
351	Beans, white, mature seeds, raw	220	Mothbeans, mature	153	Potatoes, mashed,
351	Nuts, pistachio nuts, dry roasted	220	Tofu, fried	153	Rice, white, short-g
346	Beans, cranberry (roman), mature seed	220	Tofu, fried, prepar	151	Nuts, almonds [Incl
346	Nuts, mixed nuts, without peanuts, oil r	215	Peppers, sweet, gre	151	Nuts, chestnuts, eu
346	Yardlong beans, mature seeds, raw	213	Broadbeans (fava b	150	Soybeans, green, c
344	Peanuts, spanish, oil-roasted	212	Lentils, pink, raw	150	Wheat flour, white (
340	Cowpeas, catjang, mature seeds, raw	212	Wheat flour, whole-	147	Macaroni, dry, uner
339	Beans, kidney, red, mature seeds, raw	210	Beans, adzuki, mat	147	Soybeans, mature s
338	Nuts, mixed nuts, oil roasted, with pean	210	Parsley, freeze-drie	147	Spaghetti, dry, uner
338	Nuts, pistachio nuts, raw	210	Wheat flours, bread	146	Bacon, meatless
338	Spices, fenugreek seed	209	Rye flour, dark	146	Beans, white, matu
336	Spices, garlic powder	208	Natto	146	Nuts, beechnuts, dr
335	Cowpeas, common (blackeyes, crowde	208	Pasta, fresh-refrige	145	Corn flour, whole-gi
335	Oat bran, raw	208	Spaghetti, spinach,	145	Seaweed, laver, rav
334	Nuts, cashew nuts, oil roasted	207	Nuts, pine nuts, pin	144	Rice flour, white
332	Peanuts, valencia, oil-roasted	207	Spinach souffle	143	Beans, kidney, roya
331	Beans, yellow, mature seeds, raw	206	Triticale flour, whok	143	Spices, dill seed
329	Beans, great northern, mature seeds, r	204	Macaroni, vegetabl	143	Winged bean tuber,
325	Beans, black, mature seeds, raw	204	Noodles, japanese,	142	Pepper, ancho, drie
323	Peanuts, all types, oil-roasted, without s	204	Triticale	141	Edamame, frozen, i
321	Peanuts, spanish, raw	203	Nuts, hazelnuts or f	140	Baking chocolate, u
320	Beans, black turtle soup, mature seeds,	202	Barley flour or meal	140	Beans, cranberry (r
317	Beans, small white, mature seeds, raw	202	Cocoa, dry powder,	140	Rye flour, medium
317	Macaroni, protein-fortified, dry	202	Spices, basil, dried	139	Potatoes, mashed,
317	Peanuts, virginia, oil-roasted	202	Tofu, raw, firm, prej	138	Beans, yellow, mat
317	Spaghetti, protein-fortified, dry	202	Wheat flour, white (	138	Soybeans, mature s
315	Beans, pink, mature seeds, raw	201	Wheat, hard red wir	138	Wheat flour, white,
315	Nuts, cashew butter, plain	199	Couscous, dry	137	Beans, kidney, calif
		198	Semolina	136	Beans, pink, matur
				136	Nuts, acorns, dried
				135	Beans, small white,
				134	Shallots, freeze-drie
				133	Beans, black, matu
				133	Frijoles rojos voltea
				133	Nuts, ginkgo nuts, c
				132	Salad dressing, hor
				130	Beans, kidney, red,
				130	Edamame, frozen, i
				130	Noodles, chinese, c
				129	Macaroni, protein-fr
				129	Nuts, coconut meat
				129	Spaghetti, protein-fi
				128	Cowpeas (Blackeye
				127	Peppers, hot chile,
				127	Potatoes, mashed,
				127	Wheat flour, white (
				126	Beans, pinto, matur
				126	Nuts, acorn flour, fl
				126	Nuts, chestnuts, jar
				126	Tofu, extra firm, pre
				125	Baking chocolate, u
				125	Beans, great northe
				125	Rye flour, light
				125	Teff, cooked
				123	Beans, black turtle
				123	Horseradish-tree le
				122	Tomatoes, sun-drie
				121	Cowpeas (blackeye
				119	Wild rice, cooked
				118	Nuts, chestnuts, eu
				118	Peaches, dehydrate
				118	Seaweed, spirulina,
				118	Yardlong beans, ya
				117	Beans, pinto, matur
				117	Potatoes, au gratin,
				116	Chickpeas (garban:
				116	Cowpeas, catjang, i
				116	Wheat, sprouted
				113	Beans, kidney, all t
				111	Beans, navy, matur
				111	Corn pudding, hom
				110	Cowpeas, common
				110	Kamut, cooked
				110	Lupins, mature see
				110	Mungo beans, matu
				110	Syrups, malt
				110	Tofu, firm, prepar
				109	Beans, white, matu
				109	Beans, winged, ma
				109	Ice creams, vanilla,
				109	Winged beans, mat
				108	Nuts, chestnuts, ch
				107	Candies, caramels
				107	Potato flour
				106	Beans, french, mat
				106	MORI-NU, Tofu, sill
				105	Beans, baked, canr
				105	Lentils, sprouted, r
				104	Beans, baked, canr
				104	Tofu, salted and fer
				103	Lentils, sprouted, c
				103	Tofu, raw, regular, i
				102	Lima beans, thin se
				101	Nuts, chestnuts, ch
				101	Pasta, homemade,
				99	Egg custards, dry n
				99	Lima beans, large, i
				99	Nuts, coconut meat
				98	Beans, navy, matur
				96	Beans, great northe
				96	Quinoa, cooked
				96	Seeds, breadfruit s
				95	Chili with beans, ca
				94	Frozen yogurts, var
				94	MORI-NU, Tofu, sill
				93	Noodles, egg, spin
				93	Pasta, fresh-refrigerated, sp
				91	Beans, black turtle soup, ma
				91	Ice creams, french vanilla, s
				91	Soy sauce made from soy a
				90	Seeds, chia seeds, dried
				89	Peas, mature seeds, sprout
				89	Soybeans, mature seeds, s
				88	MORI-NU, Tofu, silken, lite c
				87	Peaches, dried, sulfured, un
				87	Toppings, nuts in syrup
				86	Beans, baked, home prepar
				86	Macaroni, whole-wheat, coo
				86	Noodles, egg, cooked, unen
				86	Spaghetti, whole-wheat, coc
				86	Spices, onion powder
				86	Sweet potato leaves, raw [S
				85	Peas, split, mature seeds, c
				84	Corn, yellow, whole kernel, i
				84	Mung beans, mature seeds,
				84	Tofu, soft, prepared with cal
				83	Beans, cranberry (roman), n
				83	Frozen yogurts, chocolate, s
				83	Refried beans, canned, trad
				82	Peas, green, raw
				81	Beans, baked, canned, with
				81	Carob flour
				81	Ice creams, vanilla
				81	Onion rings, breaded, par fri
				81	Peas, green, cooked, boiled
				81	Rice noodles, dry
				81	Seeds, breadfruit seeds, roa
				80	Beans, baked, canned, with
				80	Hummus, home prepared
				79	Beans, adzuki, mature seed
				79	Pasta, fresh-refrigerated, pl
				79	Peas, green, frozen, unprep
				79	Taro leaves, raw
				78	Mustard, prepared, yellow
				78	Peas, green, frozen, cooke
				78	Rennin, chocolate, dry mix,
				78	Spices, cinnamon, ground [C
				77	Lentils, mature seeds, cook
				77	Lentils, mature seeds, cook
				77	MORI-NU, Tofu, silken, lite fi
				77	Rennin, vanilla, dry mix, pre
				76	Garlic, raw
				76	Ice creams, vanilla, rich
				76	Pigeon peas (red gram), ma
				76	Puddings, chocolate, dry mi
				76	Rennin, vanilla, dry mix, pre
				76	Turnip greens, frozen, cooke
				75	Flan, caramel custard, dry n
				75	Lima beans, immature seed
				75	Mothbeans, mature seeds, c
				75	Nuts, chestnuts, european, i
				75	Radishes, oriental, dried
				75	Soy sauce made from soy a
				74	Bananas, dehydrated, or ba
				74	Beans, navy, mature seeds,
				74	Beans, pinto, mature seeds,
				74	Flan, caramel custard, dry n
				74	MORI-NU, Tofu, silken, soft
				74	Onions, dehydrated flakes
				73	Corn, sweet, white, frozen, f
				72	Frostings, white, fluffy, dry n
				72	Noodles, japanese, soba, cc
				72	Seeds, lotus seeds, raw
				71	Nuts, chestnuts, japanese, r
				71	Spaghetti, spinach, cooked
				70	Macaroni, vegetable, cooke
				70	Millet, cooked
				70	Nuts, chestnuts, chinese, bc
				70	Rice, white, long-grain, parb
				69	Corn, sweet, yellow, cooked
				69	Horseradish-tree, leafy tips,
				69	Peas, mature seeds, sprout
				69	Puddings, coconut cream, d
				69	Seeds, breadfruit seeds, boi
				68	Beans, kidney, all types, ma