

# Top 10 Foods Highest in Vitamin K

120µg of Vitamin K = 100% of the Daily Value (%DV)

## 1 Kale



**885% DV** (1062µg)  
Vitamin K **per cup  
cooked**  
36 Calories

## 2 Broccoli



**183% DV** (220µg) Vitamin  
K **per cup cooked**  
55 Calories

## 3 Brussels Sprouts



**182% DV** (219µg) Vitamin  
K **per cup cooked**  
56 Calories

## 4 Cabbage



**136% DV** (163µg) Vitamin  
K **per cup cooked**  
35 Calories

## 5 Pickled Cucumber



**109% DV** (130µg) Vitamin  
K **per cup**  
207 Calories

## 6 Asparagus



**76% DV** (91µg) Vitamin K  
**per cup cooked**  
40 Calories

## 7 Kiwifruit



**60% DV** (73µg) Vitamin K  
**per cup**  
110 Calories

## 8 Okra



**53% DV** (64µg) Vitamin K  
**per cup cooked**  
35 Calories

## 9 Green (Snap) Beans



**50% DV** (60µg) Vitamin K  
**per cup cooked**  
44 Calories

## 10 Lettuce



**47% DV** (56µg) Vitamin K  
**per cup**  
7 Calories