

Carotene fractions, µg per 100g edible portion

No.	Food	Carotene fractions			Carotene equiv	Retinol equiv
		α-carotene	β-carotene	β-crypto-xanthin		
Beans and lentils						
736.	Beansprouts, mung, raw	20	20	20	40	7
742	Broad beans, frozen, boiled in unsalted water	12	220	0	225	37
749	Green beans/French beans, frozen, boiled in unsalted water	52	494	0	520	87
Peas						
769	Mushy peas, canned, re-heated	Tr	Tr	0	Tr	Tr
770	Peas, raw	19	290	0	300	50
771	<i>boiled in unsalted water</i>	7	245	0	250	41
772	<i>frozen, boiled in unsalted water</i>	26	558	0	571	95
774	<i>canned, re-heated, drained</i>	15	526	0	534	89
775	Petit pois, frozen, boiled in unsalted water	(27)	(390)	0	(405)	(67)
Vegetables, general						
777	Asparagus, raw	10	310	0	315	53
778	<i>boiled in salted water</i>	0	389	0	389	65
779	Aubergine, raw	60	40	0	70	12
780	<i>fried in corn oil</i>	110	70	0	125	21
781	Beetroot, raw	20	10	0	20	3
792	Carrots, old, raw	4070	10400	0	12500	2080
793	<i>old, boiled in unsalted water</i>	4170	11300	0	13400	2230
794	<i>young, raw</i>	3380	6120	0	7810	1300
795	<i>young, boiled in unsalted water</i>	3420	5990	0	7700	1280
796	<i>canned, re-heated, drained</i>	729	1710	0	2070	345