

Best Sources of Vitamin C

Food	Milligrams	%DV
<u>Soy flour, 1 cup</u>	<u>2138</u>	<u>99</u>
<u>Prunes, 8 large</u>	<u>940</u>	<u>37</u>
<u>Raisins, ½ cup</u>	<u>575</u>	<u>23</u>
<u>Cooked mushrooms, 1 cup</u>	<u>554</u>	<u>22</u>
<u>Brussels sprouts, 1 cup</u>	<u>494</u>	<u>20</u>
<u>Macadamia nuts, 4oz</u>	<u>416</u>	<u>17</u>