

List of Plants



Chemid

LEUCINE

*Unless otherwise noted all references are to Duke, James A. 1992. Handbook of phytochemical constituents of GRAS herbs and other economic plants. Boca Raton, FL. CRC Press.

| Plant | Part | Low PPM | High PPM | StdDev | *Reference |
|-----------------------------|-------|---------|----------|--------|--|
| Abelmoschus esculentus | Fruit | 1050.0 | 10500.0 | 1.15 | USDA's Ag Handbook 8 and sequelae) |
| Acacia farnesiana | Seed | 3700.0 | 3750.0 | -1.28 | Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar. |
| Acacia farnesiana | Leaf | 6000.0 | 32190.0 | 2.41 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Acacia senegal | Plant | -- | -- | | Pakistan Encyclopedia Planta Medica. 1986. |
| Albizia lebeck | Seed | -- | -- | | Wealth of India. |
| Allium cepa | Bulb | 410.0 | 4469.0 | -1.0 | USDA's Ag Handbook 8 and sequelae) |
| Allium schoenoprasum | Leaf | 1670.0 | 20875.0 | 0.67 | USDA's Ag Handbook 8 and sequelae) |
| Allium ampeloprasum | Plant | -- | -- | | * |
| Allium sativum var. sativum | Bulb | 0.3 | 7392.0 | 1.0 | * |
| Allium sativum var. sativum | Leaf | -- | -- | | * |
| Aloe vera | Leaf | -- | 6952.0 | -1.47 | * |
| Alpinia galanga | Leaf | -- | -- | | * |
| Amaranthus sp. | Leaf | 1950.0 | 23458.0 | 1.07 | * |
| Anacardium occidentale | Seed | 12850.0 | 13072.0 | -0.38 | * |
| Ananas comosus | Fruit | 24.0 | 1407.0 | -0.79 | * |
| Anethum graveolens | Seed | 9250.0 | 10018.0 | -0.68 | USDA's Ag Handbook 8 and sequelae) |
| Anethum graveolens | Fruit | 9250.0 | 10018.0 | 1.05 | * |
| Angelica sinensis | Root | -- | -- | | Jim Duke's personal files. |
| Apium graveolens | Pt | 310.0 | 6530.0 | | USDA's Ag Handbook 8 and sequelae) |
| Arachis hypogaea | Seed | 16960.0 | 20653.0 | 0.34 | * |
| Arctium lappa | Root | 320.0 | 1600.0 | -1.6 | USDA's Ag Handbook 8 and sequelae) |
| Artemisia dracunculus | Shoot | -- | -- | | * |
| Artemisia dracunculus | Root | -- | -- | | * |
| Artemisia dracunculus | Leaf | -- | -- | | * |
| Artocarpus altilis | Fruit | 650.0 | 2210.0 | -0.61 | * |
| Artocarpus altilis | Seed | 5630.0 | 12875.0 | -0.4 | USDA's Ag Handbook 8 and sequelae) |

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|-------------------------------------|--------|---------|---------|-------|------------------------------------|
| Asimina triloba | Fruit | 466.0 | 5002.0 | -0.02 | * |
| Asparagus officinalis | Shoot | 1330.0 | 17161.0 | 0.09 | * |
| Avena sativa | Plant | -- | 18000.0 | 0.49 | Jim Duke's personal files.* |
| Avena sativa | Seed | 6000.0 | 14000.0 | -0.29 | Jim Duke's personal files.* |
| Averrhoa carambola | Fruit | 400.0 | 4400.0 | -0.15 | USDA's Ag Handbook 8 and sequelae) |
| Basella alba | Leaf | 1010.0 | 14640.0 | -0.29 | * |
| Bertholletia excelsa | Seed | 11870.0 | 12281.0 | -0.46 | * |
| Beta vulgaris | Root | 630.0 | 4968.0 | 0.36 | USDA's Ag Handbook 8 and sequelae) |
| Bixa orellana | Seed | 6340.0 | 8140.0 | -0.86 | * |
| Borago officinalis | Leaf | -- | -- | | Jim Duke's personal files. |
| Brassica oleracea var. viridis l. | Leaf | 970.0 | 15900.0 | -0.09 | * |
| Brassica rapa | Root | 330.0 | 4060.0 | -0.17 | * |
| Brassica oleracea var. botrytis l. | Leaf | 1310.0 | 14069.0 | -0.38 | * |
| Brassica chinensis | Leaf | 880.0 | 18806.0 | 0.35 | * |
| Brassica rapa | Leaf | 880.0 | 18806.0 | 0.35 | USDA's Ag Handbook 8 and sequelae) |
| Brassica oleracea | Stem | 670.0 | 7445.0 | | * |
| Brassica oleracea var. botrytis l. | Flower | 1160.0 | 15000.0 | | * |
| Brassica oleracea var. capitata l. | Leaf | 630.0 | 8423.0 | -1.25 | USDA's Ag Handbook 8 and sequelae) |
| Brassica nigra | Leaf | 760.0 | 11192.0 | -0.82 | USDA's Ag Handbook 8 and sequelae) |
| Brassica oleracea var. sabellica l. | Leaf | 2310.0 | 14865.0 | -0.25 | * |
| Brassica oleracea var. gemmifera | Leaf | 1520.0 | 10853.0 | -0.87 | USDA's Ag Handbook 8 and sequelae) |
| Brassica napus var. napobrassica | Root | 380.0 | 3675.0 | -0.39 | USDA's Ag Handbook 8 and sequelae) |
| Brassica oleracea var. italica | Leaf | 1310.0 | 14069.0 | -0.38 | USDA's Ag Handbook 8 and sequelae) |
| Cajanus cajan | Seed | 13110.0 | 17325.0 | 0.02 | * |
| Calathea allouia | Root | 4440.0 | 4885.0 | 0.31 | * |
| Camellia sinensis | Leaf | -- | -- | | * |
| Capsella bursa-pastoris | Plant | -- | -- | | * |
| Capsicum frutescens | Fruit | 1050.0 | 8568.0 | 0.74 | USDA's Ag Handbook 8 and sequelae) |
| Capsicum annuum | Fruit | 440.0 | 6002.0 | 0.19 | USDA's Ag Handbook 8 and sequelae) |
| Carica papaya | Fruit | 160.0 | 1432.0 | -0.78 | USDA's Ag Handbook 8 and sequelae) |
| Carum carvi | Seed | 12180.0 | 13520.0 | -0.34 | Revised USDA data received 1993. |
| Castanea mollissima | Seed | 2701.0 | 4807.0 | -1.17 | * |
| Castanea dentata | Seed | 2987.0 | 5335.0 | -1.12 | * |

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|---------------------------------|-------|---------|---------|-------|---|
| <i>Castanea sativa</i> | Seed | 1144.0 | 2518.0 | -1.39 | * |
| <i>Ceratonia siliqua</i> | Seed | -- | 30550.0 | 1.29 | Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705. |
| <i>Chenopodium album</i> | Leaf | 3500.0 | 22295.0 | 0.89 | * |
| <i>Chenopodium ambrosioides</i> | Plant | -- | -- | | * |
| <i>Cicer arietinum</i> | Seed | 11520.0 | 15530.0 | -0.15 | * |
| <i>Cichorium endivia</i> | Leaf | 980.0 | 15781.0 | -0.11 | * |
| <i>Cichorium intybus</i> | Leaf | 390.0 | 8976.0 | -1.16 | USDA's Ag Handbook 8 and sequelae) |
| <i>Citrullus lanatus</i> | Seed | -- | 21100.0 | 0.38 | Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp. |
| <i>Citrullus lanatus</i> | Fruit | -- | 2120.0 | -0.63 | Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp. |
| <i>Citrus sinensis</i> | Fruit | 230.0 | 1136.0 | -0.84 | USDA's Ag Handbook 8 and sequelae) |
| <i>Citrus reticulata</i> | Fruit | 50.0 | 1290.0 | -0.81 | * |
| <i>Cnidioscolus chayamansa</i> | Leaf | 3600.0 | 17980.0 | 0.23 | * |
| <i>Cocos nucifera</i> | Leaf | -- | -- | | Jim Duke's personal files. |
| <i>Cocos nucifera</i> | Seed | 2470.0 | 4660.0 | -1.19 | USDA's Ag Handbook 8 and sequelae) |
| <i>Colocasia esculenta</i> | Root | 1110.0 | 3780.0 | -0.33 | * |
| <i>Colocasia esculenta</i> | Leaf | 3920.0 | 27335.0 | 1.67 | * |
| <i>Corchorus olitorius</i> | Leaf | 2470.0 | 31580.0 | 2.32 | * |
| <i>Coriandrum sativum</i> | Fruit | -- | -- | | * |
| <i>Coriandrum sativum</i> | Leaf | -- | -- | | * |
| <i>Crocus sativus</i> | Bulb | -- | -- | | * |
| <i>Cryptotaenia japonica</i> | Root | -- | -- | | * |
| <i>Cucumis sativus</i> | Fruit | 230.0 | 5822.0 | 0.15 | * |
| <i>Cucurbita pepo</i> | Seed | 20790.0 | 35835.0 | 1.8 | * |
| <i>Cucurbita foetidissima</i> | Seed | 14120.0 | 67000.0 | 4.78 | Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29. |
| <i>Cucurbita pepo</i> | Fruit | 460.0 | 5476.0 | 0.08 | USDA's Ag Handbook 8 and sequelae) |
| <i>Cucurbita spp</i> | Fruit | 690.0 | 10920.0 | 1.24 | * |
| <i>Daucus carota</i> | Root | 430.0 | 3520.0 | -0.48 | * |
| <i>Dioscorea pentaphylla</i> | Root | 840.0 | 4525.0 | 0.1 | * |
| <i>Eryngium creticus</i> | Shoot | -- | 9470.0 | -0.47 | Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29. |
| <i>Fagopyrum esculentum</i> | Seed | -- | 8140.0 | -0.86 | * |
| <i>Ficus carica</i> | Fruit | 330.0 | 1580.0 | -0.75 | USDA's Ag Handbook 8 and sequelae) |
| <i>Fragaria spp</i> | Fruit | 310.0 | 3667.0 | -0.3 | USDA's Ag Handbook 8 and sequelae) |
| <i>Ginkgo biloba</i> | Seed | 3160.0 | 8620.0 | -0.81 | USDA's Ag Handbook 8 and sequelae) |
| <i>Glycine max</i> | Seed | 29720.0 | 32500.0 | 1.48 | USDA's Ag Handbook 8 and sequelae) |
| <i>Glycine max</i> | Shoot | -- | -- | | * |
| <i>Harpagophytum procumbens</i> | Root | -- | -- | | * |
| <i>Helianthus annuus</i> | Seed | 16590.0 | 35500.0 | 1.76 | * |

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|--------------------------------|-----------------|---------|---------|-------|---|
| <i>Helianthus tuberosus</i> | Tuber | -- | 4384.0 | -0.77 | Izadoost, M. & Robinson, T., Synergism & antagonism in the pharmacology of alkaloidal plants, pp 137-58 in Craker, L. & Simon, J., eds., Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture & Pharmacology, v. 2, 1987, 255pp. |
| <i>Humulus lupulus</i> | Fruit | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| <i>Huperzia</i> spp | Plant | -- | -- | | * |
| <i>Hypericum perforatum</i> | Plant | -- | -- | | * |
| <i>Ipomoea batatas</i> | Root | 890.0 | 4455.0 | 0.06 | * |
| <i>Ipomoea aquatica</i> | Leaf | 1460.0 | 19390.0 | 0.44 | * |
| <i>Juglans cinerea</i> | Seed | 21990.0 | 22750.0 | 0.54 | * |
| <i>Juglans regia</i> | Seed | 9920.0 | 10295.0 | -0.65 | USDA's Ag Handbook 8 and sequelae) |
| <i>Juglans nigra</i> | Seed | 17040.0 | 17815.0 | 0.07 | USDA's Ag Handbook 8 and sequelae) |
| <i>Lablab purpureus</i> | Seed | 1450.0 | 22355.0 | 0.5 | * |
| <i>Lactuca sativa</i> | Leaf | 790.0 | 13167.0 | -0.52 | * |
| <i>Lagenaria siceraria</i> | Fruit | 360.0 | 8070.0 | 0.63 | * |
| <i>Larrea tridentata</i> | Plant | -- | 7800.0 | -0.6 | * |
| <i>Lens culinaris</i> | Sprout Seedling | 6280.0 | 20935.0 | -0.49 | USDA's Ag Handbook 8 and sequelae) |
| <i>Lens culinaris</i> | Seed | 20340.0 | 22900.0 | 0.56 | USDA's Ag Handbook 8 and sequelae) |
| <i>Lentinus edodes</i> | Fruit | -- | -- | | * |
| <i>Lepidium meyenii</i> | Root | -- | 9100.0 | 2.75 | Taylor, Leslie. 2005. The Healing Power of Rainforest Herbs. SquareOne Publisher, Garden City Park, NY. 519 pp. |
| <i>Linum usitatissimum</i> | Seed | -- | 0.316 | -1.63 | * |
| <i>Lupinus albus</i> | Seed | 19000.0 | 30625.0 | 1.3 | * |
| <i>Lycium chinense</i> | Leaf | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| <i>Lycopersicon esculentum</i> | Fruit | 330.0 | 5455.0 | 0.08 | * |
| <i>Macadamia</i> spp | Seed | 4620.0 | 4750.0 | -1.18 | USDA's Ag Handbook 8 and sequelae) |
| <i>Malus domestica</i> | Fruit | 120.0 | 746.0 | -0.93 | * |
| <i>Mangifera indica</i> | Fruit | 310.0 | 2950.0 | -0.46 | * |
| <i>Manihot esculenta</i> | Root | 900.0 | 2860.0 | -0.87 | * |
| <i>Medicago sativa</i> | Plant | -- | -- | | Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp. |
| <i>Melia azedarach</i> | Seed | -- | -- | | * |
| <i>Mentha x piperita</i> | Leaf | 2810.0 | 13160.0 | -0.52 | USDA's Ag Handbook 8 and sequelae) |
| <i>Mentha spicata</i> | Leaf | 2470.0 | 17095.0 | 0.09 | * |
| <i>Momordica charantia</i> | Seed | -- | 41.6 | -1.63 | Jim Duke's personal files. |
| <i>Moringa oleifera</i> | Shoot | 7910.0 | 37065.0 | 1.55 | USDA's Ag Handbook 8 and sequelae) |
| <i>Morus alba</i> | Leaf | -- | -- | | * |
| <i>Mucuna pruriens</i> | Seed | 11875.0 | 25175.0 | 0.77 | * |
| <i>Murraya</i> sp | Fruit | 590.0 | 1699.0 | -0.72 | * |
| <i>Musa x paradisiaca</i> | Fruit | 590.0 | 1699.0 | -0.72 | USDA's Ag Handbook 8 and sequelae) |
| <i>Myrciaria dubia</i> | Fruit | -- | -- | | Jim Duke's personal files. |

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|-----------------------|-----------------|---------|---------|-------|---|
| Nasturtium officinale | Herb | 1660.0 | 33200.0 | 1.0 | USDA's Ag Handbook 8 and sequelae) |
| Nelumbo nucifera | Seed | 3260.0 | 9879.0 | -0.69 | * |
| Nelumbo nucifera | Rhizome | 690.0 | 3300.0 | -1.0 | * |
| Nigella sativa | Seed | 23130.0 | 29595.0 | 1.2 | * |
| Ocimum basilicum | Leaf | -- | 10780.0 | -0.88 | USDA's Ag Handbook 8 and sequelae) |
| Oenothera biennis | Seed | 8700.0 | 10780.0 | -0.6 | * |
| Opuntia ficus-indica | Seed | -- | 12800.0 | -0.41 | Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29. |
| Opuntia ficus-indica | Bud | -- | 7040.0 | | Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29. |
| Oryza sativa | Hay | -- | -- | | * |
| Pachyrhizus erosus | Tuber | 480.0 | 4425.0 | -0.76 | * |
| Panax quinquefolius | Plant | 420.0 | 1530.0 | -1.27 | * |
| Panax ginseng | Root | -- | -- | | * |
| Panax ginseng | Leaf | -- | -- | | * |
| Papaver somniferum | Seed | 14840.0 | 15919.0 | -0.11 | * |
| Papaver bracteatum | Seed | 11500.0 | 13550.0 | -0.34 | * |
| Perideridia gairdneri | Root | -- | 3366.0 | -0.57 | Izadoost, M. & Robinson, T., Synergism & antagonism in the pharmacology of alkaloidal plants, pp 137-58 in Craker, L. & Simon, J., eds., Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture & Pharmacology, v. 2, 1987, 255pp. |
| Persea americana | Fruit | 990.0 | 4780.0 | -0.07 | * |
| Phaseolus vulgaris | Sprout Seedling | 3020.0 | 32473.0 | 1.39 | USDA's Ag Handbook 8 and sequelae) |
| Phaseolus lunatus | Seed | 5380.0 | 20595.0 | 0.34 | * |
| Phaseolus vulgaris | Seed | 17250.0 | 19386.0 | 0.22 | USDA's Ag Handbook 8 and sequelae) |
| Phaseolus vulgaris | Fruit | 1120.0 | 11511.0 | 1.36 | USDA's Ag Handbook 8 and sequelae) |
| Phaseolus acutifolius | Seed | 21700.0 | 23655.0 | 0.63 | Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29. |
| Phoenix dactylifera | Fruit | 5.0 | 1140.0 | -0.84 | * |
| Phyllanthus emblica | Fruit | 219.0 | 1084.0 | -0.85 | * |
| Pinus edulis | Seed | 8340.0 | 8865.0 | -0.79 | USDA's Ag Handbook 8 and sequelae) |
| Pinus pinea | Seed | 17300.0 | 20600.0 | 0.34 | * |
| Pistacia vera | Seed | 16770.0 | 17445.0 | 0.03 | * |
| Pisum sativum | Shoot | -- | 35.0 | -1.17 | * |
| Pisum sativum | Seed | 3230.0 | 15279.0 | -0.17 | * |
| Pisum sativum | Fruit | 2280.0 | 22552.0 | 3.71 | * |
| Portulaca oleracea | Herb | 880.0 | 19900.0 | -1.0 | * |
| Prunus cerasus | Fruit | -- | -- | | * |
| Prunus persica | Fruit | 400.0 | 3240.0 | -0.4 | * |
| Prunus dulcis | Seed | 15520.0 | 16234.0 | -0.08 | USDA's Ag Handbook 8 and sequelae) |
| Prunus armeniaca | Fruit | 770.0 | 5640.0 | 0.11 | USDA's Ag Handbook 8 and sequelae) |

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|------------------------------------|-------------|---------|---------|-------|---|
| <i>Prunus domestica</i> | Fruit | 210.0 | 1419.0 | -0.78 | USDA's Ag Handbook 8 and sequelae) |
| <i>Psidium guajava</i> | Fruit | 550.0 | 3960.0 | -0.24 | USDA's Ag Handbook 8 and sequelae) |
| <i>Psidium cattleianum</i> | Fruit | 390.0 | 2015.0 | -0.66 | * |
| <i>Psophocarpus tetragonolobus</i> | Leaf | 3590.0 | 15508.0 | -0.15 | * |
| <i>Psophocarpus tetragonolobus</i> | Tuber | 6400.0 | 15023.0 | 1.68 | * |
| <i>Psophocarpus tetragonolobus</i> | Seed | 24970.0 | 27242.0 | 0.97 | * |
| <i>Psoralea esculenta</i> | Root | -- | 2448.0 | -1.11 | Izadoost, M. & Robinson, T., Synergism & antagonism in the pharmacology of alkaloidal plants, pp 137-58 in Craker, L. & Simon, J., eds., Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture & Pharmacology, v. 2, 1987, 255pp. |
| <i>Pyrus communis</i> | Fruit | 200.0 | 1235.0 | -0.82 | * |
| <i>Raphanus sativus</i> | Root | 370.0 | 7170.0 | 1.63 | * |
| <i>Rehmannia glutinosa</i> | Root | 2000.0 | 5000.0 | 0.37 | * |
| <i>Ribes nigrum</i> | Fruit Juice | -- | 28.0 | | * |
| <i>Rosmarinus officinalis</i> | Leaf | 2490.0 | 7725.0 | -1.35 | USDA's Ag Handbook 8 and sequelae) |
| <i>Sambucus canadensis</i> | Fruit | 600.0 | 2970.0 | -0.45 | USDA's Ag Handbook 8 and sequelae) |
| <i>Scutellaria baicalensis</i> | Root | -- | -- | | * |
| <i>Secale cereale</i> | Seed | 9800.0 | 11000.0 | -0.58 | USDA's Ag Handbook 8 and sequelae) |
| <i>Sechium edule</i> | Fruit | 840.0 | 12000.0 | 1.47 | * |
| <i>Senna obtusifolia</i> | Seed | -- | 10900.0 | -0.59 | * |
| <i>Sesamum indicum</i> | Seed | 4430.0 | 22586.0 | 0.53 | * |
| <i>Silybum marianum</i> | Seed | -- | -- | | * |
| <i>Sinapis alba</i> | Seed | 17830.0 | 19078.0 | 0.19 | * |
| <i>Solanum tuberosum</i> | Tuber | 1240.0 | 7100.0 | -0.15 | * |
| <i>Solanum melongena</i> | Fruit | 570.0 | 8550.0 | 0.73 | * |
| <i>Spinacia oleracea</i> | Leaf | -- | -- | | * |
| <i>Spinacia oleracea</i> | Plant | 2230.0 | 26483.0 | 1.39 | USDA's Ag Handbook 8 and sequelae) |
| <i>Stachys officinalis</i> | Shoot | -- | -- | | * |
| <i>Theobroma cacao</i> | Plant | -- | 4500.0 | -0.95 | * |
| <i>Thymus vulgaris</i> | Plant | 4300.0 | 4644.0 | -0.94 | USDA's Ag Handbook 8 and sequelae) |
| <i>Tilia sp.</i> | Flower | -- | -- | | * |
| <i>Trifolium pratense</i> | Plant | -- | -- | | * |
| <i>Trigonella foenum-graecum</i> | Seed | 16160.0 | 19327.0 | 0.21 | * |
| <i>Trigonella foenum-graecum</i> | Leaf | -- | -- | | * |

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|------------------------------|-----------------|---------|---------|-------|------------------------------------|
| <i>Triticum aestivum</i> | Seed | 8000.0 | 18000.0 | 0.09 | * |
| <i>Triticum aestivum</i> | Plant | 20000.0 | 26000.0 | 1.34 | * |
| <i>Urtica dioica</i> | Leaf | -- | -- | | Jim Duke's personal files. |
| <i>Vaccinium corymbosum</i> | Fruit | 400.0 | 2600.0 | -0.53 | * |
| <i>Valeriana officinalis</i> | Rhizome | -- | -- | | * |
| <i>Valerianella locusta</i> | Plant | 1330.0 | 18470.0 | 0.54 | * |
| <i>Vicia faba</i> | Seed | 4320.0 | 22735.0 | 0.54 | USDA's Ag Handbook 8 and sequelae) |
| <i>Vigna unguiculata</i> | Seed | 2111.0 | 20466.0 | 0.32 | USDA's Ag Handbook 8 and sequelae) |
| <i>Vigna radiata</i> | Sprout Seedling | 1750.0 | 18382.0 | -0.91 | USDA's Ag Handbook 8 and sequelae) |
| <i>Vigna aconitifolia</i> | Seed | 15410.0 | 17062.0 | -0.0 | * |
| <i>Vigna unguiculata</i> | Seed | 18640.0 | 20356.0 | 0.31 | USDA's Ag Handbook 8 and sequelae) |
| <i>Vigna radiata</i> | Seed | 18470.0 | 20308.0 | 0.31 | USDA's Ag Handbook 8 and sequelae) |
| <i>Vigna unguiculata</i> | Fruit | 2000.0 | 16461.0 | 2.41 | USDA's Ag Handbook 8 and sequelae) |
| <i>Vigna angularis</i> | Seed | 16680.0 | 19270.0 | 0.21 | * |
| <i>Vitellaria paradoxa</i> | Seed | -- | 7225.0 | -0.94 | * |
| <i>Vitis vinifera</i> | Fruit | 140.0 | 720.0 | -0.93 | USDA's Ag Handbook 8 and sequelae) |
| <i>Zea mays</i> | Seed | 3480.0 | 14477.0 | -0.25 | USDA's Ag Handbook 8 and sequelae) |
| <i>Zingiber officinale</i> | Root | 740.0 | 4257.0 | -0.06 | USDA's Ag Handbook 8 and sequelae) |
| <i>Zingiber officinale</i> | Rhizome | 740.0 | 4257.0 | 1.0 | * |
| <i>Zingiber officinale</i> | Tuber | -- | -- | | * |