

Table 1
Biotin content of select foods determined by HPLC/avidin binding assay^a

Foods	ng biotin/g food	Serving size (g)	µg biotin/serving
Meat, fish, poultry, egg			
Beef liver, cooked	416	74	30.8
Chicken nuggets, breaded, fried	13.4	75	1.00
Chicken strips, breaded, fried	4.30	85	0.37
Chicken liver, cooked	1872	74	138
Egg, whole, cooked	214	47	10.0
Egg, white, cooked	58	35	2.02
Egg, yolk, cooked	272	15	4.08
Catfish, breaded, fried	7.44	93	0.69
Fish sticks, minced, breaded, fried	10.0	87	0.87
Hamburger patty, cooked	45	37	1.65
Hot dog, chicken and pork, cooked	37	56	2.06
Pork chop, cooked	45	80	3.57
Salmon, pink, canned in water	59	63	3.69
Sliced turkey, processed deli	7.30	21	0.15
Tuna, canned in water	6.82	63	0.43
Dairy			
2% milk	1.13	236	0.27
American cheese	31	19	0.59
Cheddar cheese, mild	14	28	0.40
Chocolate milk, low-fat	3.81	236	0.90
Plain yogurt	0.84	170	0.14
Provolone cheese	1.17	24	0.03
Skim milk	1.31	236	0.31
Whole milk	0.91	236	0.22
Cereals			
Cheerios®	1.08	30	0.03
Frosted Flakes®	1.38	31	0.04
Golden Grahams®	1.46	31	0.05
Kix®	0.95	30	0.03
Vegetables			
Broccoli, fresh	9.43	113	1.07
Carrots, canned	6.22	29	0.18
Cauliflower, fresh	1.61	32	0.05
Green beans, canned	0.07	120	0.01
Mushrooms, canned	21.6	120	2.59
Spinach, frozen	7.05	83	0.58
Sweet potato, cooked	14.5	80	1.16
Whole kernel corn, canned	0.47	125	0.06
Fruits and berries			
Apple, fresh	0.20	185	0.04
Apple juice, canned, from concentrate	0.52	250	0.13
Avocado, fresh	9.61	37	0.36
Banana, fresh	1.33	103	0.14
Orange, fresh	0.49	258	0.13
Orange juice, canned, from concentrate	4.13	296	1.22
Raisins	3.91	43	0.17
Raspberries, fresh	1.78	140	0.25
Strawberries, fresh	15.0	111	1.67
Tomatoes, fresh	7.01	43	0.30
Bread and grains			
Crackers, saltine	2.90	17	0.05
Grilled toast	12.3	84	1.03
Grits	0.51	190	0.10
Hamburger bun	2.89	58	0.17
Noodles	1.81	180	0.32
Oatmeal	1.91	190	0.36
Roll, dinner	0.48	28	0.01
Whole wheat bread	0.74	33	0.02
Sweets			
Banana pudding	10.2	170	1.73
Chocolate sandwich cookie	1.43	31	0.04
Oatmeal cream pie	0.91	40	0.04
Poptart, blueberry	0.33	53	0.02
Sugar cookie	2.79	37	0.10
Vanilla cake with frosting	0.34	43	0.01
Entrees			
Beef vegetable soup	1.18	126	0.15
Cheese pizza	1.09	175	0.19
Corn chip chili pie	0.59	191	0.11
Chili	5.20	441	2.29
French fries	3.18	104	0.33

Foods	ng biotin/g food	Serving size (g)	µg biotin/serving
Hush puppies	2.03	81	0.16
Macaroni and cheese	1.30	147	0.19
Mashed potatoes, with brown gravy	1.33	136	0.18
Pepperoni pizza	2.12	112	0.24
Ramen noodles, oriental	1.01	43	0.04
Salad, mixed garden	2.85	155	0.44
Tator tots	0.62	57	0.04
Condiments and sauces			
Ketchup	0.74	9	0.01
Mayonnaise	1.85	12	0.02
Ranch dressing	2.35	35	0.08
Spaghetti sauce, with beef	0.60	123	0.07
Beverages			
Coke®	0.81	113	0.09
Red fruit punch	1.55	200	0.31
Tea, sweet	1.42	200	0.28
White wine	1.17	212	0.25
Beer	1.14	280	0.32
Nuts			
Almonds, roasted, salted	44.07	30	1.32
Peanuts, roasted, salted	175	28	4.91
Pecans, fresh	20.0	30	0.60
Sunflower seeds, roasted, salted	78.0	31	2.42
Walnuts, fresh	25.9	30	0.78
Miscellaneous			
Potato chips, baked, barbecue flavor	0.50	28	0.01
Yeast	202	1	0.20

^aFoods were analyzed by acid hydrolysis and HPLC/HRP-avidin binding assay for biotin (Mock, 1997); n = 1 homogenate analyzed per food.