

High Vitamin B3 (Niacin) Foods

Food	Serving (Imperial)	Serving (Metric)	Vitamin B3 Amount (mg NE)	% RDA (DV)
Beef liver, cooked	3 oz	85 g	14.9	93%
Chicken, breast, cooked	3 oz	85 g	10.3	64%
Marinara sauce	1 cup	260 g	10.3	64%
Turkey, breast, cooked	3 oz	85 g	10	63%
Salmon, sockeye, cooked	3 oz	85 g	8.6	54%
Tuna, light, canned	3 oz	85 g	8.6	54%
Pork, tenderloin, cooked	3 oz	85 g	6.3	39%
Rice, brown, cooked	1 cup	200 g	5.2	33%
Peanuts, dry roasted	1 oz	28 g	4.2	26%
Potato, Russet, baked	1 medium	170 g	2.3	14%
Bread, whole wheat	1 slice	40 g	1.4	9%

Adult U.S.RDA (Recommend Dietary Allowance)

16 mg NE Male

14 mg NE Female

NE = Niacin Equivalent