Credits to Tea-Loving Lad and SilverSokolova for having made the original incarnation of this list. I merely expanded upon it.

These mods have been absorbed by FU:

Harvester Beamgun (Peasley Wellbott)
+
Harvester Beamgun Fix (SIlver Sokolova)
The mod died due to FU, so a third party had to publish a fix for its secondary fire.

Resource Extractor (Gay Moth Aunt)
The Resource Extractor, the basis of FU's prized technology.

Diverse Weather (Gay Moth Aunt)
If you've noticed how similar the weathers offered by this mod are to FU, this is the mod where they come from.

Useful Back Items (Gay Moth Aunt)
If you enjoyed the Thermal Shell FU has, I present to you its origin, along with a few extras.

Effect Gels (Gay Moth Aunt)
These are the various tile gels FU has.

Incinerator (Gay Moth Aunt)
This is the incinerator featured in FU.

Improved Swim Physics! (Silver Sokolova, LittleVulpine)
The code from this mod was stolen for FU. This mod is more optimised than what FU took and allows the player to walk on the ocean floor.

Mech Overhaul (Xav)

Prop Pack (Sentient Cookie, AsPerrUsual)

Racial Shop Counters (AsPerrUsual)

Augment Extractor (Xav)

Ztarbound (zimberzimber)
Ztarbound, the mod which made FU's research system possible, along with various other items such as the Portable Music Player.

MM Configurator (RobotLucca)

Grappling Whips (lophatkao)

Liquid Pumps (Mus_niro)

Legendary Tooltips (Ravnecks2.0)

Weapon Stats (Tripod)

Foodie's Furniture (AsPerrUsual):

One Handed Torches (Suphax)

Extra Dungeons (Doesn't Learn From Mistakes)
Sunset Riders, Verdant Ruins, Tower Invincible and many other missions are already part of this mod.

One Handed Hoes (Yeyy)

Aimable Shields (Yanake14)

Natural Stone (Gay Moth Aunt)
The rock crusher's sprite may be stolen from this one.

Ground Seeders (novastarx13)
+
Ground Seeders Fix (Cthonyxa)

Guns'N'Ammo (Mighty Annihilator)
The resource for basic ammunition functionality.

Pandora's Box (Hubnester, PointBeing, Elsen Rykker)

Wired Pack - New Logic Mechanisms (Shadow Wolf TJC)

Sloped Wood Blocks (Gay Moth Aunt)
Penumbral and Redbark Wood are simply recoloured versions of these blocks.

Shreddy's Complex Blocks (Shreddys)

Rise of the Hylotl: Revived (Zaakari, originally by seancruz)
FU took some of this mod's armour sprites

Avali (Triage) Race Mod (Fevix)
FU has some tiles and objects from the Avali, probably for the BYOS ship.

ReTex (Cgeta)
FU takes a bunch of the textures from this mod and makes "new" blocks out of them.

Dungeoneer Dungeons (Xaliber)

Grand Armory (Schweitzer Cushy)

Weapon types such as greatswords and greataxes come from this mod

Pixel Goods Store (Dr. Cookie, Debug)
+
Fixel Goods Store (Kais)
Certain tiles have been taken for FU.
E.g.:
- Plasteel Girder from FU is a grey version of the Titanium Girders from this mod.
- Plasteel Glass Frame from FU is a slightly altered version of this mod's Executive Framed Glass

Submarine mod (Darth Biomech, Iophatkao)

XCustomCodex - The bigger, better codex! (Xan)

Quarterstaff Armory (Schweitzer Cushy)
This is where FU gets its quarterstaffs

Expanded Weapon Generation (shadowwolftjc)

Nametags! (Silver Sokolova)

Builder Tools (Gay Moth Aunt)

Legacy Dungeons - Cut Dungeons (shadowwolftjc)
+
Legacy Monsters & NPCs (shadowwolftjc)
+
Missing Planetary Layer Fixer (shadowwolftjc)
+
Missing Layer Stat Fixer (shadowwolftjc)

MrPigeon's Phasefruit+ (Mr_Pigeon)
One of the few officially forum exclusive mods that FU has absorbed that isn't out of date!

Jaxine's Armory! (Jaxine)
Some sprites from this mod (such as the Protector's Elitesword) were, at least at one point, used in FU.

More Critters and Scenery (Non-FU version) (Xaliber)

Realistic Fuel Cost (Xaliber)

Enable Monsters Special Attacks (Xaliber)

Screw Attack Tech (supermandrew)
Redone Ship Encounters - Names, Icons, Descriptions, and Horizions (AnomNom)
FU uses the space station sprites from this mod

Racial Hoverbikes (Rob)

Randomly Generated Bows (Neb)

Ornate Samurai Armor (Jandroan)

Sticky Notes (Kais)

BYOS - Build Your Own Ship (Amber Talamasca)
+
B.Y.O.S. Megapack (SomethingRetarded)
Not technically incorporated into FU, as FU's is apparently independently made to the original BYOS, but I figured I might as well include them here.

Bees Reborn (1100Ross)
The original Bees mod but updated for the modern game!

SinCo. Mech Parts - Unstable (SINFUL CREATURE)

ReTex Reborn (1100Ross)

Big Blue Serpent Furniture Reborn (1100Ross)

Variety is the spice of the Universe REBORN (1100Ross)

ItA - Tidewater & Mountainous Biomes Reborn (1100Ross)

Race mods FU has absorbed:

Peglaci Rebirth (GonDragon)

Skath Race mod (Streema)

Slime Race Mod (Orchid):

The Nightars (NimblePenguin)

The Mantizi Empire (UnsubRedun)

Kirhos Reloaded (S00perEPICMrFox)

Playable Cats Redux - The Tiknass'uut (Khe, Sentient Cookie, BlueLeafy, Hubnester)

Doesn't seem to be fully implemented for some reason (possibly one of FU's npc species?), but not only is this race in FU's files, you can also find their objects and items implemented into FU as well.

Izku Race (Sin, originally by Sheeplord)
This is another one of FU's npc species, there's also a race called the dark Izku from the original outdated version of the mod, but since they're similar enough I figured it'd be better to share the updated version instead of the original mod.

Novaskin (Josu, originally by Bietol)
Not a race mod evidently, but FU has spun out this Novakid retexture mod into its own npc race based off of the Anodynes.

(Plus the following fixes for the race mods that FU also technically has out of necessity):

Tech upgrade suit fixes for Neko Alternate, Nightar, Hive Wasp, Skath and Vespoids (Good Game)

1.3 mech cinematic fix (GeO2)

Outdated mods FU has absorbed:

(Outdated) Bees! (Cactuar)

(Outdated) VITSoTU - Variety is the Spice of the Universe (Dracoyoshi)
What? Did you think the FU team came up with most of the planets in their mod? At least the atropus, cybersphere, and aetheric planets seem original.

(Outdated) Starbooze (kingofcrows)

(Outdated) United Systems Enhancement (RaTmAnPL)
No, not United Systems Expanded, FU just nicks some objects from the original, contextually superior USE abbreviated mod.

(Outdated) Wasteland Planets Mod (Monomer)
Just like most of its other planets, the Wasteland planet isn't original to FU, while it's been modified, it originates from this mod.

(Outdated) Mantis Race (Setrilo)
The only completely outdated race mod FU has incorporated into itself, it seems that they're another npc race in FU.

(Outdated) Big blue serpent furniture (TheBigBlueSerpent)

(Outdated) ItA - Tidewater & Mountainous Biomes! (Elfginther)

Replacements/Alternatives to FU's content:

Race Traits (Omeruin)
+
Elemental Environmental Protection (AgentKirin)
A more streamlined version of Frackin Races basically, really silly that FR got folded into FU when it ought to have remained optional. The linked addon introduces racial environmental protection, like what Frackin has.

Growing Trays (Silver Sokolova, ErrantWitch)
FU has something similar in it, but this is better than what it has.

The K'Rakoth Mod (Angry Turret)
A bit like if FU's Eldritch and Precursor content got merged together, doesn't exactly have as many horror elements as the Eldritch content does, but the superior quality of this mod's fallen civilizations over FU's more than makes up for it. As a bonus it comes with a few of its own planets and minibiomes too which serve as viable replacements to some of FU's own.

The Kazdra (Hiuki)
FU's Eld'uukhar are suspiciously like the Kazdra despite FU's claims of it being original to it (it's honest about all the race mods it absorbed wholesale at least though). I've been hesitant to add this to the list of complete Race mods FU has in it because of that.

WolFen FLCN-11 Gunship (Rikkun)
Basically a standalone, more complex version of FU's gunships.

Aging Alien Alcohols (Lilegite)
+
Aging Alien Alcohol Addon (TheTwilightDancer)
+
StarBooze Reborn (1100Ross)
Practically get the full StarBooze experience with bonus content as well and an aging system for alcohol with these three mods. Even gives you a taste of bees as well!

Project Ancient Cosmos (Pixelflame)
Ironically enough, not only is this mod incompatible with FU because of a tile ID conflict, but its author did originally contribute what would become the Cosmic planet's tree sprites to FU as a replacement to the old Aether trees. The new Black Hole star type could be seen as reminiscent of FU's black stars, and the Cosmic and Relic planets could be seen as analogous to FU's Aether and Cybersphere planets respectively, while the Corrupted Garden is a bit like FU's dark planets in concept too.

Vanta Race (AbsoluteXeroEX)
A more developed alternative to the Nightar, technically could be used alongside them just fine since the Nightar still exist in Vanta lore and they're both compatible, but if you wanted a higher quality version of the Nightar, use this mod instead. Has a kickass custom intro mission to boot!

Ashspeakers' The House of Peace (Ashspeaker)
Currently the best, closest option for a complete standalone playable Shadow race mod out there, although in actuality this mod's Shadows are ones that split with vanilla's at one point, hence their fairly different appearance and aesthetic, as well as comparatively less enigmatic nature.

Cosmic Fenerox (Skip)
+
No Muzzle for Cosmic Fenerox (Skip)
The only feature-complete playable Fenerox mod out there, does alter their appearance however, hence the addon to restore their faces. Unfortunately shoe-horns in some weird meme culture nonsense into its more 'developed' Fenerox though, but I guess that counts for being a way to have some of FU's nonsense without FU (or shitpost mods).

Project Redemption (Armok)
+
(Optional) **K'Rakoth Mod: Project Redemption Patch** (Angry Turret)
A shameless self-plug I know, but there are some features similar to FU in it, such as a starting Protectorate sidearm, additional lore codices for the vanilla races, a means of getting STL travel before unlocking FTL, additional techs (including one based off of the old rocket boots one), and even a lost and found npc among others.
Also comes with a nifty patch for the K'Rakoth mod with some fun bonus content!

Galactic Dungeons (BlossomDancer)
An excellent alternative to Dungeoneer Dungeons, can be used alongside it just fine as well.

Baka's Common Weapon Progressive Upgrade System (Hyper Bakana! (stranger1-5))
An alternative to FU's Crucible/weapon upgrading system, pretty much.

Protectorate Furniture (lumen)
Standalone versions of the Protectorate tree and Flag pretty much, although FU's seem a bit different at least.

Craftable Microformers (eralois)
+
(Optional) **K'Rakoth Mod: Craftable Microformers Patch** (Angry Turret)
Frackin lets you craft microformers at one of its stations, with the Craftable Microformers mod you can use the terraforge to do the same, also has a K'Rakoth patch!

Project 45 (BETA) (Neb, Aikiro42)
Presently the closest thing to a non-FU version of FU's ammo system there is, as the guns in this mod have a similar reloading mechanic and don't use physical ammo items. FFS is a close contender too, but it's much too large in scope to be included in this list.

Extra Tech Mod (taco360)
Not only does this mod include some beta techs FU also happens to have, it even has its own versions of the microsphere!

Tech Additions Enhanced (Emmaker, originally by Gay Moth Aunt)
Adds even more techs. It's possible some of them may have actually been incorporated into FU, but it's hard to tell.

Alternative Fuels (Gay Moth Aunt)
FU has lots of alternative fuels to Erchius in it, this mod has its own fuel alternatives in it.

Remixed Star Names (Prodigy)
There are a few options for alternative star names out there, so I decided to pick out a friend's take.

Mantid Species (Erberor)
The Mantis species (which FU has as an NPC race) is sadly out of date, this is the only real alternative there is.

Music Radios! (Silver Sokolova)
An alternative to Ztarbound's standalone FU styled music player pretty much.

Pretend to paint set (猴儿可爱!)
FU's got some random painting easel thingy in it that lets you craft paintings, so this is a nice standalone alternative. Not sure if it actually requires the Pixelroid mod or not.

Landable Gas Giants (Omega68nova)
Standalone gas giants which you can land on, like with FU.

Hive Wasp Race (Mighty Annihilator)
Apparently the Thelusians are based off of this race, possibly even a modified version, so consider them a standalone alternative to the Thelusians I guess.

Master Manipulator Reborn (taco360)
Frackin has its own Master Manipulator tool item, this serves as a standalone version.

Hide In The Dark (no player Glow) (Ω Skyrim Spriggan Ω)
Frackin disables player glow as one of its tweaks, this is basically a standalone version of that change.

No healing while taking damage (Vanake14)
Frackin adds a longer cooldown to healing items, I couldn't exactly find any good mods that do just that, so here's a mod that disables healing when taking damage instead.

Neb's Snails! (Neb)
Basically FU's bees, but with Snails instead!

Ultimate Upgrade Anvil (FelmastProMcLane)
Allows you to upgrade both weapons and armor up to tier 10, a lot like FU's crucible system, although this can support even more item types besides weapons and armor too!

Colorful Critters (myewphi)
A more vanilla+ alternative to more critters & scenery that even adds new variants to existing critters, alongside a new microdungeon type.

PrehistoricBound (Twilight)
Implements a biome to jungle planets similar to the Primeval Forest planet from FU, complete with dinosaurs!

Frackin Species (444monty)
Literally all of FU's non-vanilla species as a standalone mod, they're also fairly feature complete as well. It does seem to require race traits though.

Stellar Guardians (Luna Celestica)
A nice alternative to FU's magical-girl themed prisilite equipment.

Multi-Tiered Relocators (Animaster78900)
FU happens to include upgrades to the Relocator, this mod is the standalone alternative to that feature.

Automation Aides (Khe)
Originally made for FU but then spun out into its own separate mod, so less a replacement and more a fork.

Chaos Planets (projectmayhem)
Essentially FU's unknown planets!

Slightly Painful Erchius Mission (Lemon Drops)
Changes the Erchius Mining Facility mission slightly, a little bit like how FU does so, even makes the miner you rescue at the end into a crew member like how FU has.

Natural Stone + Liquid Interactions [Unoffical Reupload] (Hyper Bakana! (stranger1-5), originally by Gay Moth Aunt)
FU might actually technically include the original mods, but in any case this is essentially equivalent to some minor features in FU.