

Vegetables



Nutrition Facts

Raw, edible weight portion.
Percent Daily Values (%DV) are
based on a 2,000 calorie diet.

Vegetables Serving Size (gram weight/ounce weight)	Calories	Calories from Fat	Total Fat		Sodium		Potassium		Total Carbohydrate		Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
			g	%DV	mg	%DV	mg	%DV	g	%DV							
Asparagus 5 spears (93 g/3.3 oz)	20	0	0	0	230	4	2	2	2g	2g	10%	15%	2%	2%			
Bell Pepper 1 medium (148 g/5.3 oz)	25	0	0	40	220	6	2	4g	1g	4%	190%	2%	4%				
Broccoli 1 medium stalk (148 g/5.3 oz)	45	0	0.5	80	460	8	3	2g	4g	6%	220%	6%	6%				
Carrot 1 carrot, 7" long, 1 1/4" diameter (78 g/2.8 oz)	30	0	0	60	250	7	2	5g	1g	110%	10%	2%	2%				
Cauliflower 1/6 medium head (99 g/3.5 oz)	25	0	0	30	270	5	2	2g	2g	0%	100%	2%	2%				
Celery 2 medium stalks (110 g/3.9 oz)	15	0	0	115	260	4	2	2g	0g	10%	15%	4%	2%				
Cucumber 1/3 medium (99 g/3.5 oz)	10	0	0	0	140	2	1	1g	1g	4%	10%	2%	2%				
Green (Snap) Beans 3/4 cup cut (83 g/3.0 oz)	20	0	0	0	200	5	3	2g	1g	4%	10%	4%	2%				
Green Cabbage 1/12 medium head (84 g/3.0 oz)	25	0	0	20	190	5	2	3g	1g	0%	70%	4%	2%				
Green Onion 1/4 cup chopped (25 g/0.9 oz)	10	0	0	10	70	2	1	1g	0g	2%	8%	2%	2%				
Iceberg Lettuce 1/6 medium head (89 g/3.2 oz)	10	0	0	10	125	2	1	2g	1g	6%	6%	2%	2%				
Leaf Lettuce 1 1/2 cups shredded (85 g/3.0 oz)	15	0	0	35	170	2	1	1g	1g	130%	6%	2%	4%				
Mushrooms 5 medium (84 g/3.0 oz)	20	0	0	15	300	3	1	0g	3g	0%	2%	0%	2%				
Onion 1 medium (148 g/5.3 oz)	45	0	0	5	190	11	3	9g	1g	0%	20%	4%	4%				
Potato 1 medium (148 g/5.3 oz)	110	0	0	0	620	26	2	1g	3g	0%	45%	2%	6%				
Radishes 7 radishes (85 g/3.0 oz)	10	0	0	55	190	3	1	2g	0g	0%	30%	2%	2%				
Summer Squash 1/2 medium (98 g/3.5 oz)	20	0	0	0	260	4	2	2g	1g	6%	30%	2%	2%				
Sweet Corn kernels from 1 medium ear (90 g/3.2 oz)	90	20	2.5	0	250	18	2	5g	4g	2%	10%	0%	2%				
Sweet Potato 1 medium, 5" long, 2" diameter (130 g/4.6 oz)	100	0	0	70	440	23	4	7g	2g	120%	30%	4%	4%				
Tomato 1 medium (148 g/5.3 oz)	25	0	0	20	340	5	1	3g	1g	20%	40%	2%	4%				

Most vegetables provide negligible amounts of saturated fat, *trans* fat, and cholesterol.