

Ideal Weight LLC.

VEGETABLE NUTRITIONAL VALUES

VEGETABLE	PORTION	Carb grams	Fiber grams	Fat grams	Protein grams	Cal
Artichoke	1 each	13.4	6.5	0.2	4.2	60
Asparagus spears	6 each	3.8	1.4	0.3	2.3	22
Beans, green	0.5 cup	4.9	2.0	0.2	1.2	22
Bok Choi	1 cup	1.5	0.7	0.1	1.1	9
Broccoli	0.5 cup	3.9	2.3	0.3	2.3	22
Brussels sprouts	6 each	10.9	3.3	0.6	3.2	49
Cabbage, green	0.5 cup	1.9	0.8	0.1	0.4	8
Cabbage, red	0.5 cup	1.9	0.8	0.1	0.5	9
Cabbage, sauerkraut	0.5 cup	5.1	3.0	0.2	1.1	22
Cabbage, savoy	0.5 cup	2.1	1.1	0.0	0.7	9
Carrots, medium	1 each	7.3	2.2	0.1	0.7	31
Cauliflower	6 each	4.4	2.9	0.5	2.0	25
Celery stalk	1 each	1.5	0.7	0.1	0.3	6
Celery, chopped	1 Tbs	0.3	0.1	0.0	0.1	1
Chili Pepper	1 each	0.0	0.0	0.0	0.0	20
Chilies, green, chopped	1 Tbs	0.5	0.5	0.0	0.0	3
Collards	4 oz-wt	7.3	4.1	0.4	3.1	37
Corn	0.5 cup	16.0	2.0	0.4	2.3	66
Cucumber, English	1 each	4.0	1.1	0.3	0.9	19
Cucumber, small	0.5 each	2.5	0.7	0.2	0.6	12
Eggplant	0.5 cup	3.3	1.2	0.1	0.4	14
Eggplant, Italian	0.5 cup	3.3	1.2	0.1	0.4	14
Endive	0.5 cup	1.8	1.4	0.0	0.4	8
Escarole	0.5 cup	0.8	0.8	0.1	0.3	4
Fennel	0.5 cup	3.2	1.3	0.1	0.5	13
Greens, mixed	1 cup	1.6	1.2	0.1	0.9	9
Kale	0.5 cup	3.7	1.3	0.3	1.2	18
Leeks	1 each	12.6	1.6	0.3	1.3	54
Lettuce, butter head	1 cup	1.3	0.6	0.1	0.7	7
Lettuce, romaine	1 cup	1.3	1.0	0.1	0.9	8
Mushroom, portabello	0.5 cup	1.4	0.4	0.1	1.0	9
Mushrooms, dried	2 Tbs	8.9	2.9	0.7	5.6	64
Mushrooms, fresh	0.5 cup	1.4	0.4	0.1	1.0	9
Okra	4 oz-wt	7.5	2.5	0.3	1.9	34
Onions	1 each	9.5	2.0	0.2	1.3	42
Onions, green	0.25 cup	1.8	0.7	0.0	0.5	8
Peas, podded	0.5 cup	5.6	2.2	0.2	2.6	34

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Peas, green	0.5 cup	9.9	3.4	0.3	3.8	55
Peas, Snow or Chinese Snow, frozen	0.5 cup	9.8	3.4	0.3	3.7	55
Peas, Snow or Chinese Snow, cooked	0.5 cup	5.6	1.4	-	2.6	34
Pepper, green	0.5 cup	4.8	1.3	0.1	0.7	20
Pepper, red	0.5 cup	4.8	1.5	0.1	0.7	20
Peppers, jalapeno	1 each	0.8	0.4	0.1	0.2	4
Peppers, roasted	0.5 each	2.4	0.4	0.1	0.3	10
Potato, sweet	1 each	22.4	3.1	0.1	1.8	95
Potato, white	0.5 cup	15.4	1.5	0.1	1.4	66
Pumpkin	0.5 cup	9.9	3.6	0.3	1.3	42
Radicchio	0.5 cup	0.9	0.2	0.1	0.3	5
Radishes	6 each	1.0	0.4	0.1	0.2	5
Rhubarb	0.5 cup	2.8	1.1	0.1	0.5	13
Shallots	0.25 cup	6.7	0.3	0.0	1.0	29
Spinach, uncooked	1 cup	1.1	0.8	0.1	0.9	7
Squash, acorn	0.5 cup	14.9	4.5	0.1	1.1	57
Squash, butternut	0.5 cup	10.8	2.9	0.1	0.9	41
Squash, spaghetti	0.5 cup	5.0	1.1	0.2	0.5	21
Squash, summer	0.5 cup	2.5	1.1	0.1	0.7	11
Squash, zucchini	1 each	5.7	2.4	0.3	2.3	27
Swiss chard	0.5 cup	0.7	0.3	0.0	0.3	3
Tomato, plum	1 each	4.2	1.0	0.3	0.8	19
Tomato, small	1 each	4.2	1.0	0.3	0.8	19
Tomatoes, canned	0.5 cup	5.2	1.2	0.2	1.1	23
Tomatoes, cherry	6 each	4.7	1.1	0.3	0.9	21
Tomatoes, chopped	0.5 cup	3.5	0.8	0.2	0.6	16
Tomatoes, sun dried, oil-packed	0.25 cup	6.4	1.6	3.9	1.4	59
Turnips	0.5 cup	3.8	1.6	0.1	0.6	16
Waterchestnuts	0.5 cup	8.7	1.8	0.0	0.6	35
Watercress	0.5 cup	0.2	0.2	0.0	0.4	2