

VEGETABLES - NUTRITIONAL CHART

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		Serving Size(g)	Total Calories	Calories from Fat	Total fat(g)	Sodium(mg)	Potassium(mg)	Total Carbohydrates(g)	Dietary Fiber(g)	Sugars(g)	Protein(g)	%DV Vitamin A*	%DV Vitamin C*	%DV Calcium	%DV Iron
artichoke	(1 artichoke)	56	25	0	0	70	180	6	3	1	2	2	10	2	2
asparagus	(5 spears)	93	25	0	0	0	230	4	2	2	2	10	15	2	2
avocado	(1/5 medium)	30	55	45	5	0	170	3	3	0	1	0	4	0	0
bell pepper	(1 medium)	148	30	0	0	0	270	7	2	4	1	8	190	2	2
broccoli	(1 medium stalk)	148	45	0	.5	55	540	8	5	3	5	15	220	6	6
brussels sprouts	(4 sprouts)	84	40	5	.5	25	290	6	3	2	2	8	120	2	0
carrot	(7" long)	78	35	0	0	40	280	8	2	5	1	270	10	2	0
cauliflower	(1/6 medium)	99	25	0	0	30	270	5	2	2	2	0	100	2	2
celery	(2 medium)	110	20	0	0	100	350	5	2	0	1	2	15	4	2
collards	(2 cups chopped)	72	25	0	0	30	25	5	1	2	1	50	30	2	0
cucumber	(1/3 medium)	99	15	0	0	0	170	3	1	2	1	4	10	2	2
green beans	(3/4 cup)	83	25	0	0	0	200	5	3	2	1	4	10	4	2
green cabbage	(1/12 medium)	84	25	0	0	20	190	5	2	3	1	0	70	4	2
green onion	(1/4 chopped)	25	10	0	0	5	70	2	1	1	0	2	8	0	0
iceberg lettuce	(1/6 medium)	89	15	0	0	10	120	3	1	2	1	4	6	2	2
leaf lettuce	(1 1/2 cup)	85	15	0	0	30	230	4	2	2	1	40	6	4	0
mushrooms	(5 medium)	84	20	0	0	0	300	3	1	0	3	0	2	0	2
mustard greens	(1 1/2 cups)	84	25	0	0	40	230	3	1	1	2	90	100	0	0
onion	(1 medium)	148	60	0	0	5	240	14	3	9	2	0	20	4	2
potato	(1 medium)	148	100	0	0	0	720	26	3	3	4	0	45	2	6
radishes	(7 radishes)	85	15	0	0	25	230	3	0	2	1	0	30	2	0
romaine lettuce	(6 leaves)	85	20	0	.5	0	140	3	1	2	1	20	4	2	2
spinach	(1 1/2 cup)	85	40	0	0	160	130	10	5	0	2	70	25	6	20
summer squash	(1/2 medium)	98	20	0	0	0	260	4	2	2	1	6	30	2	2
sweet corn	(1 medium ear)	90	80	10	1	0	240	18	3	5	3	2	10	0	2
sweet potato	(1 medium)	130	130	0	0	45	350	33	4	7	2	440	30	2	2
tomato	(1 medium)	148	35	0	.5	5	360	7	1	4	1	20	40	2	2

The percentage figures shown above are based on a 2,000 calorie dietary allowance. Remember that your personal nutritional needs will vary according to your daily calorie needs.