

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	g	%DV	g	%DV	g	%DV	g	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV
Asparagus 3 spears (98 g/3.3 oz)	20	0	0	0	0	0	230	7	4	1	2	8	2g	2g	10%	15%	2%	2%								
Bell Pepper 1 medium (148 g/5.3 oz)	25	0	0	0	40	2	220	6	2	8	4g	1g	4%	190%	2%	4%										
Broccoli 1 medium stalk (148 g/5.3 oz)	45	0	0.5	1	80	3	460	13	8	3	12	2g	4g	6%	220%	6%	6%									
Carrot 1 carrot, 2" long, 1 1/4" diameter (78 g/2.8 oz)	30	0	0	0	60	3	250	7	2	8	5g	1g	110%	10%	2%	2%										
Cauliflower 1/8 medium head (99 g/3.5 oz)	25	0	0	0	30	1	270	8	2	8	2g	2g	0%	100%	2%	2%										
Celery 2 medium stalks (100 g/3.6 oz)	15	0	0	0	115	5	260	7	4	1	2	8	2g	0g	10%	15%	4%	2%								
Cucumber 1/2 medium (99 g/3.5 oz)	10	0	0	0	0	0	140	4	2	1	1	4	1g	1g	4%	10%	2%	2%								
Green (Snap) Beans 3/4 cup cut (83 g/3.0 oz)	20	0	0	0	0	0	200	6	2	12	2g	1g	4%	10%	4%	2%										
Green Cabbage 1 1/2 medium head (84 g/3.0 oz)	25	0	0	0	20	1	190	5	2	8	3g	1g	0%	70%	4%	2%										
Green Onion 1/4 cup chopped (23 g/0.8 oz)	10	0	0	0	10	0	70	2	1	4	1g	0g	2%	8%	2%	2%										
Iceberg Lettuce 1/8 medium head (89 g/3.2 oz)	10	0	0	0	10	0	125	4	2	1	2g	1g	6%	6%	2%	2%										
Leaf Lettuce 1 1/2 cups shredded (85 g/3.0 oz)	15	0	0	0	35	1	170	5	2	1	1g	1g	130%	6%	2%	4%										
Mushrooms 3 medium (84 g/3.0 oz)	20	0	0	0	15	0	300	9	3	1	0g	3g	0%	2%	0%	2%										
Onion 1 medium (148 g/5.3 oz)	45	0	0	0	5	0	190	5	11	4	12	9g	1g	0%	20%	4%	4%									
Potato 1 medium (148 g/5.3 oz)	110	0	0	0	0	0	620	18	26	9	2	8	1g	3g	0%	45%	2%	6%								
Radishes 2 radishes (85 g/3.0 oz)	10	0	0	0	55	2	190	5	3	1	2g	0g	0%	30%	2%	2%										
Summer Squash 1/2 medium (98 g/3.5 oz)	20	0	0	0	0	0	260	7	4	1	2	8	2g	1g	6%	30%	2%	2%								
Sweet Corn kernels from 1 medium ear (90 g/3.2 oz)	90	20	2.5	4	0	0	250	7	18	6	2	8	5g	4g	2%	10%	0%	2%								
Sweet Potato 1 medium, 3" long, 2" diameter (130 g/4.6 oz)	100	0	0	0	70	3	440	13	23	8	4	16	7g	2g	120%	30%	4%	4%								
Tomato 1 medium (148 g/5.3 oz)	25	0	0	0	20	1	340	10	5	2	1	4	3g	1g	20%	40%	2%	4%								

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

Printable Nutrition Guide

Léo Pomar

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Printable Nutrition Guide:

Printable Nutrition Guide: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the fascinating narratives that have enthralled audiences this year. The Must-Read : Colleen Hoovers "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and thrilling novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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