

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	2	1	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	3g	1g	20%	40%	2%	4%										

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

Printable Nutrition Guide

**Henry M. Seidel, Rosalyn W.
Stewart, Jane W. Ball, Joyce E.
Dains, John A. Flynn, Barry S. Solomon**

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