What's in a 1/2 Cup* of VEGETABLES?

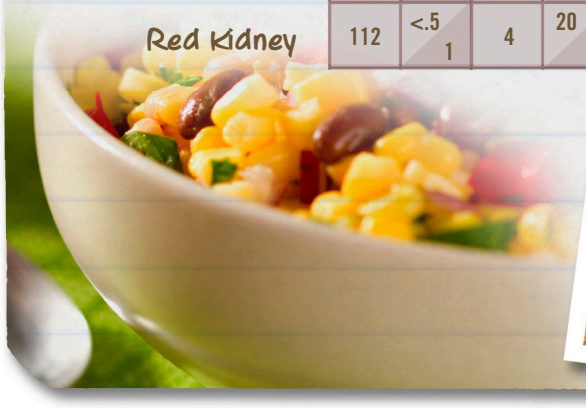
Raw, edible portions. Percent Daily Values (%DV) are based on a 2000 calorie diet.

VEGETABLES	Total Calories #	Total Fat g %DV	Calories from Fat #	Carbohydrate g %DV	Dietary Fiber g %DV	Sugars g	Protein g	Vitamin A %DV	Vitamin C %DV	Folate %DV	Sodium mg %DV	Potassium mg %DV	Calcium mg %DV	Iron mg %DV	Magnesium mg %DV
Artichoke	38	<.5 0	1	9 3	4 18	1	3	0	16	14	76 3	300 9	36 4	1 6	49 12
Arugula	3	<.5 0	1	0 0	<.5 1	0	0	5	3	2	3 0	37 1	16 2	<.5 1	5 1
Asparagus	13	<.5 0	1	3 1	1 5	1	1	10	6	9	1 0	135 4	16 2	1 8	9 2
Beets	29	<.5 0	1	7 2	2 8	5	1	0	6	19	53 2	221 6	11 1	1 3	16 4
Bell Peppers	15	<.5 0	1	3 1	1 5	2	1	6	100	2	2 0	130 4	7 1	<.5 1	7 2
Broccoli	15	<.5 0	2	3 1	1 5	1	1	6	68	7	15 1	144 4	21 2	<.5 2	10 2
Broccoli Rabe	6	0 0	0	1 0	0 0	0	1	26	31	n/a	6 0	n/a	9 1	<.5 1	n/a
Brussels Sprouts	19	<.5 0	1	4 1	2 7	1	1	7	62	7	11 0	171 5	18 2	1 3	10 3
Butternut Squash	32	<.5 0	1	8 3	1 6	2	1	149	25	5	3 0	246 7	34 3	<.5 3	24 6
Carrot	25	<.5 0	1	6 2	2 7	3	1	204	6	3	42 2	195 6	20 2	<.5 1	7 2
Cauliflower	13	0 0	0	3 1	1 5	1	1	0	39	7	15 1	152 4	11 1	<.5 1	8 2
Celery	8	<.5 0	1	2 1	1 3	1	0	5	3	5	40 2	131 4	20 2	<.5 1	6 1
Collard Greens	5	<.5 0	1	1 0	1 3	0	0	24	11	7	4 0	30 1	26 3	0 0	2 0
Cucumber	8	<.5 0	1	2 1	<.5 1	1	0	1	2	1	1 0	76 2	8 1	<.5 1	7 2
Green Beans	17	<.5 0	1	4 1	2 7	1	1	8	15	5	3 0	115 3	20 2	1 3	14 3
Green Cabbage	11	0 0	0	3 1	1 4	1	1	1	27	5	8 0	76 2	18 2	<.5 1	5 1
Green Onions	16	<.5 0	1	4 1	1 5	1	1	10	16	8	8 0	138 4	36 4	1 4	10 3
Iceberg Lettuce	5	0 0	0	1 0	<.5 2	1	0	4	2	3	4 0	51 1	6 1	<.5 1	3 1
Jicama	25	<.5 0	1	6 2	3 13	1	0	0	22	2	3 0	98 3	8 1	<.5 2	8 2

fruits & veggies more matters®

Raw, edible portions. Percent Daily Values (%DV) are based on a 2000 calorie diet.

VEGETABLES	Total Calories #	Total Fat g / %DV	Calories from Fat #	Carbohydrate g / %DV	Dietary Fiber g / %DV	Sugars g	Protein g	Vitamin A %DV	Vitamin C %DV	Folate %DV	Sodium mg / %DV	Potassium mg / %DV	Calcium mg / %DV	Iron mg / %DV	Magnesium mg / %DV
Leaf Lettuce	3	0 / 0	0	1 / 0	<.5 / 1	0	0	27	5	2	5 / 0	35 / 1	6 / 1	<.5 / 1	2 / 1
Mushrooms	8	<.5 / 0	1	1 / 0	<.5 / 1	1	1	0	1	1	2 / 0	111 / 3	1 / 0	<.5 / 1	3 / 1
Onion	32	<.5 / 0	1	7 / 2	1 / 5	3	1	0	10	4	3 / 0	117 / 3	18 / 2	<.5 / 1	8 / 2
Potato	58	<.5 / 0	1	13 / 4	2 / 7	1	2	0	25	3	5 / 0	316 / 9	9 / 1	1 / 3	17 / 4
Pumpkin	15	<.5 / 0	1	4 / 1	<.5 / 1	1	1	86	9	2	1 / 0	197 / 6	12 / 1	<.5 / 3	7 / 2
Radish	9	<.5 / 0	1	2 / 1	1 / 4	1	0	0	14	4	23 / 1	135 / 4	15 / 1	<.5 / 1	6 / 1
Romaine Lettuce	4	<.5 / 0	1	1 / 0	<.5 / 2	0	0	27	9	8	2 / 0	58 / 2	8 / 1	<.5 / 1	3 / 1
Spinach	3	<.5 / 0	1	1 / 0	<.5 / 1	0	0	28	7	7	12 / 0	84 / 2	15 / 1	<.5 / 2	12 / 3
Summer Squash	9	<.5 / 0	1	2 / 1	1 / 2	1	1	2	16	4	1 / 0	148 / 4	8 / 1	<.5 / 1	10 / 2
Sweet Corn	66	1 / 1	8	15 / 5	2 / 8	2	2	1	9	9	12 / 0	208 / 6	2 / 0	<.5 / 2	28 / 8
Sweet Potato	57	0 / 0	0	13 / 4	2 / 8	3	1	189	3	2	37 / 2	224 / 6	20 / 2	<.5 / 2	17 / 4
Swiss Chard	3	0 / 0	0	1 / 0	<.5 / 1	0	0	22	9	1	38 / 2	68 / 2	9 / 1	<.5 / 2	15 / 4
Tomato	16	<.5 / 0	2	4 / 1	1 / 4	2	1	15	19	3	5 / 0	213 / 6	9 / 1	<.5 / 1	10 / 2
Beans, Cooked: Black	100	<.5 / 1	4	18 / 6	6 / 22	3	7	0	1	45	3 / 0	239 / 7	21 / 2	2 / 12	46 / 11
Chickpeas	134	2 / 3	19	22 / 7	6 / 25	4	7	0	2	35	6 / 0	239 / 7	40 / 4	2 / 13	39 / 10
Great Northern	104	<.5 / 1	4	19 / 6	6 / 25	n/a	7	0	2	23	2 / 0	346 / 10	60 / 6	2 / 10	44 / 11
Lentils	115	<.5 / 1	3	20 / 7	8 / 31	2	9	0	2	45	2 / 0	365 / 10	19 / 2	3 / 18	36 / 9
Lima	108	<.5 / 1	3	20 / 7	7 / 26	3	7	0	0	20	2 / 0	478 / 14	16 / 2	2 / 12	40 / 10
Navy	127	1 / 1	5	24 / 8	10 / 38	0	7	0	1	32	0 / 0	354 / 10	63 / 6	2 / 12	48 / 12
Pinto	122	1 / 1	5	22 / 7	8 / 31	0	8	0	1	37	1 / 0	373 / 11	39 / 4	2 / 10	43 / 11
Red Kidney	112	<.5 / 1	4	20 / 7	7 / 26	0	8	0	2	29	2 / 0	357 / 10	25 / 2	3 / 14	40 / 10



*Unless otherwise stated
n/a=not available
Vegetables contain no cholesterol.
Most contain negligible amounts of saturated and trans fats.

pbh
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