

Vegetables

Nutrition Facts



Raw, edible weight portion.
Percent Daily Values (%DV) are
based on a 2,000 calorie diet.

		Calories		Calories from Fat		Total Fat		Sodium		Potassium		Total Carbohydrate		Dietary Fiber		Sugars		Protein		Vitamin A		Vitamin C		Calcium		Iron	
Vegetables				g	%DV	mg	%DV	mg	%DV	g	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV
Serving Size (gram weight/coarse weight)																											
Asparagus 3 spears (85 g/3.0 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	6	2	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	3	12	2g	4g	6%	220%	6%	6%								
Carrot 1 carrot, 2" long, 1 1/4" diameter (28 g/1.0 oz)		30	0	0	0	60	3	250	7	7	2	2	8	5g	1g	110%	10%	2%	2%								
Cauliflower 1/8 medium head (28 g/1.0 oz)		25	0	0	0	30	1	270	8	5	2	2	8	2g	2g	0%	100%	2%	2%								
Celery 2 medium stalks (118 g/4.2 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 (85 g/3.0 oz)		20	0	0	0	0	0	200	6	5	2	3	12	2g	1g	4%	10%	4%	2%								
Green Cabbage 1/12 medium head (24 g/0.9 oz)		25	0	0	0	20	1	190	5	5	2	2	8	3g	1g	0%	70%	4%	2%								
Green Onion 1/4 cup chopped (25 g/0.9 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 (88 g/3.2 oz)		10	0	0	0	10	0	125	4	2	1	1	4	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	1	4	1g	1g	130%	6%	2%	4%								
Mushrooms 3 medium (84 g/3.0 oz)		20	0	0	0	15	0	300	9	3	1	1	4	0g	3g	0%	2%	0%	2%								
Onion 1 medium (148 g/5.3 oz)		45	0	0	0	5	0	190	5	11	4	3	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 7 radishes (85 g/3.0 oz)		10	0	0	0	55	2	190	5	3	1	1	4	2g	0g	0%	30%	2%	2%								
Summer Squash 1/2 medium (94 g/3.3 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 (24 g/0.9 oz)		90	20	2.5	4	0	0	250	7	18	6	2	8	5g	4g	2%	10%	0%	2%								
Sweet Potato 1 medium, 5" long, 2" diameter (138 g/4.9 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.

Food And Nutrition Information Guide

**Food and Nutrition Information and
Educational Materials Center (U.S.)**



Food And Nutrition Information Guide:

The book delves into Food And Nutrition Information Guide. Food And Nutrition Information Guide is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Food And Nutrition Information Guide, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Food And Nutrition Information Guide
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