

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	%DV	g	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV
Serving Size (gram weight/ounce 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 (149 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 (144 g/5.1 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 (216 g/7.6 oz)	30	0	0	0	60	3	250	7	7	2	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	5	2	2	8	2g	2g	0%	100%	2%	2%								
Celery 2 medium stalks (110 g/3.9 oz)	15	0	0	0	115	5	260	7	4	1	2	8	2g	0g	10%	15%	4%	2%								
Cucumber 1/3 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/2.9 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 (84 g/3.0 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 (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	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 (149 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 (149 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 (94 g/3.3 oz)	90	20	2.5	4	0	0	250	7	18	6	2	8	5g	4g	2%	10%	0%	2%								
Sweet Potato 1 medium, 2" 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 (149 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

D Siedentop



Food And Nutrition Information Guide:

This book delves into Food And Nutrition Information Guide. Food And Nutrition Information Guide is a vital topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The 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
 - Chapter 2: Essential Elements of Food And Nutrition Information Guide
 - Chapter 3: Food And Nutrition Information Guide in Everyday Life
 - Chapter 4: Food And Nutrition Information Guide in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Food And Nutrition Information Guide. This chapter will explore what Food And Nutrition Information Guide is, why Food And Nutrition Information Guide is vital, and how to effectively learn about Food And Nutrition Information Guide.
 3. In chapter 2, this book will delve into the foundational concepts of Food And Nutrition Information Guide. The second chapter will elucidate the essential principles that need to be understood to grasp Food And Nutrition Information Guide in its entirety.
 4. In chapter 3, this book will examine the practical applications of Food And Nutrition Information Guide in daily life. This chapter will showcase real-world examples of how Food And Nutrition Information Guide can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Food And Nutrition Information Guide in specific contexts. This chapter will explore how Food And Nutrition Information Guide is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Food And Nutrition Information Guide. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Food And Nutrition Information Guide.

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