

Vegetables

Nutrition Facts



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

Vegetables	Calories	Calories from Fat	Total Fat	Sodium	Potassium	Total Carbohydrate	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Serving Size (approx weight/ounce weight)			g %DV	mg %DV	mg %DV	g %DV	g %DV	g	g	%DV	%DV	%DV	%DV
Asparagus 3 spears (85 g/3.0 oz)	20	0	0	0	230	4	2	2g	2g	10%	15%	2%	2%
Bell Pepper 1 medium (148 g/5.2 oz)	25	0	0	40	220	6	2	4g	1g	4%	190%	2%	4%
Broccoli 1 medium stalk (144 g/5.1 oz)	45	0	0.5	80	460	8	3	2g	4g	6%	220%	6%	6%
Carrot 1 carrot, 2" long, 1 1/2" diameter (28 g/1.0 oz)	30	0	0	60	250	7	2	5g	1g	110%	10%	2%	2%
Cauliflower 1/8 medium head (99 g/3.5 oz)	25	0	0	30	270	5	2	2g	2g	0%	100%	2%	2%
Celery 2 medium stalks (118 g/4.2 oz)	15	0	0	115	260	4	2	2g	0g	10%	15%	4%	2%
Cucumber 1/3 medium (99 g/3.5 oz)	10	0	0	0	140	2	1	1g	1g	4%	10%	2%	2%
Green (Snap) Beans 3/4 cup cut (83 g/2.9 oz)	20	0	0	0	200	5	3	2g	1g	4%	10%	4%	2%
Green Cabbage 1/12 medium head (84 g/3.0 oz)	25	0	0	20	190	5	2	3g	1g	0%	70%	4%	2%
Green Onion 1/4 cup chopped (23 g/0.8 oz)	10	0	0	10	70	2	1	1g	0g	2%	8%	2%	2%
Iceberg Lettuce 1/8 medium head (88 g/3.1 oz)	10	0	0	10	125	2	1	2g	1g	6%	6%	2%	2%
Leaf Lettuce 1 1/2 cups shredded (85 g/3.0 oz)	15	0	0	35	170	2	1	1g	1g	130%	6%	2%	4%
Mushrooms 3 medium (84 g/3.0 oz)	20	0	0	15	300	3	1	0g	3g	0%	2%	0%	2%
Onion 1 medium (148 g/5.2 oz)	45	0	0	5	190	11	3	9g	1g	0%	20%	4%	4%
Potato 1 medium (148 g/5.2 oz)	110	0	0	0	620	26	2	1g	3g	0%	45%	2%	6%
Radishes 7 radishes (85 g/3.0 oz)	10	0	0	55	190	3	1	2g	0g	0%	30%	2%	2%
Summer Squash 1/2 medium (94 g/3.3 oz)	20	0	0	0	260	4	2	2g	1g	6%	30%	2%	2%
Sweet Corn kernels from 1 medium ear (94 g/3.3 oz)	90	20	2.5	0	250	18	2	5g	4g	2%	10%	0%	2%
Sweet Potato 1 medium, 2" long, 2" diameter (138 g/4.9 oz)	100	0	0	70	440	23	4	7g	2g	120%	30%	4%	4%
Tomato 1 medium (148 g/5.2 oz)	25	0	0	20	340	5	1	3g	1g	20%	40%	2%	4%

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

Food And Nutrition Information Guide

LM Reder



Food And Nutrition Information Guide:

Unveiling the Magic of Words: A Overview of "**Food And Nutrition Information Guide**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Food And Nutrition Information Guide**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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