

# 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         | mg     | mg        | g                  | g             | g      | g       | %DV       | %DV       | %DV     | %DV  |
| Serving Size (gram weight/ounce weight)                              |          |                   | %DV       | %DV    | %DV       | %DV                | %DV           |        |         |           |           |         |      |
| <b>Asparagus</b><br>5 spears (93 g/3.3 oz)                           | 20       | 0                 | 0         | 0      | 230       | 4                  | 2             | 2g     | 2g      | 10%       | 15%       | 2%      | 2%   |
| <b>Bell Pepper</b><br>1 medium (148 g/5.3 oz)                        | 25       | 0                 | 0         | 40     | 220       | 6                  | 2             | 4g     | 1g      | 4%        | 190%      | 2%      | 4%   |
| <b>Broccoli</b><br>1 medium stalk (148 g/5.3 oz)                     | 45       | 0                 | 0.5       | 80     | 460       | 8                  | 3             | 2g     | 4g      | 6%        | 220%      | 6%      | 6%   |
| <b>Carrot</b><br>1 carrot, 7" long, 1 1/4" diameter (78 g/2.8 oz)    | 30       | 0                 | 0         | 60     | 250       | 7                  | 2             | 5g     | 1g      | 110%      | 10%       | 2%      | 2%   |
| <b>Cauliflower</b><br>1/6 medium head (99 g/3.5 oz)                  | 25       | 0                 | 0         | 30     | 270       | 5                  | 2             | 2g     | 2g      | 0%        | 100%      | 2%      | 2%   |
| <b>Celery</b><br>2 medium stalks (110 g/3.9 oz)                      | 15       | 0                 | 0         | 115    | 260       | 4                  | 2             | 2g     | 0g      | 10%       | 15%       | 4%      | 2%   |
| <b>Cucumber</b><br>1/3 medium (99 g/3.5 oz)                          | 10       | 0                 | 0         | 0      | 140       | 2                  | 1             | 1g     | 1g      | 4%        | 10%       | 2%      | 2%   |
| <b>Green (Snap) Beans</b><br>3/4 cup cut (83 g/3.0 oz)               | 20       | 0                 | 0         | 0      | 200       | 5                  | 3             | 2g     | 1g      | 4%        | 10%       | 4%      | 2%   |
| <b>Green Cabbage</b><br>1/12 medium head (84 g/3.0 oz)               | 25       | 0                 | 0         | 20     | 190       | 5                  | 2             | 3g     | 1g      | 0%        | 70%       | 4%      | 2%   |
| <b>Green Onion</b><br>1/4 cup chopped (25 g/0.9 oz)                  | 10       | 0                 | 0         | 10     | 70        | 2                  | 1             | 1g     | 0g      | 2%        | 8%        | 2%      | 2%   |
| <b>Iceberg Lettuce</b><br>1/6 medium head (89 g/3.2 oz)              | 10       | 0                 | 0         | 10     | 125       | 2                  | 1             | 2g     | 1g      | 6%        | 6%        | 2%      | 2%   |
| <b>Leaf Lettuce</b><br>1 1/2 cups shredded (85 g/3.0 oz)             | 15       | 0                 | 0         | 35     | 170       | 2                  | 1             | 1g     | 1g      | 130%      | 6%        | 2%      | 4%   |
| <b>Mushrooms</b><br>5 medium (84 g/3.0 oz)                           | 20       | 0                 | 0         | 15     | 300       | 3                  | 1             | 0g     | 3g      | 0%        | 2%        | 0%      | 2%   |
| <b>Onion</b><br>1 medium (148 g/5.3 oz)                              | 45       | 0                 | 0         | 5      | 190       | 11                 | 3             | 9g     | 1g      | 0%        | 20%       | 4%      | 4%   |
| <b>Potato</b><br>1 medium (148 g/5.3 oz)                             | 110      | 0                 | 0         | 0      | 620       | 26                 | 2             | 1g     | 3g      | 0%        | 45%       | 2%      | 6%   |
| <b>Radishes</b><br>7 radishes (85 g/3.0 oz)                          | 10       | 0                 | 0         | 55     | 190       | 3                  | 1             | 2g     | 0g      | 0%        | 30%       | 2%      | 2%   |
| <b>Summer Squash</b><br>1/2 medium (98 g/3.5 oz)                     | 20       | 0                 | 0         | 0      | 260       | 4                  | 2             | 2g     | 1g      | 6%        | 30%       | 2%      | 2%   |
| <b>Sweet Corn</b><br>kernels from 1 medium ear (90 g/3.2 oz)         | 90       | 20                | 2.5       | 0      | 250       | 18                 | 2             | 5g     | 4g      | 2%        | 10%       | 0%      | 2%   |
| <b>Sweet Potato</b><br>1 medium, 5" long, 2" diameter (130 g/4.6 oz) | 100      | 0                 | 0         | 70     | 440       | 23                 | 4             | 7g     | 2g      | 120%      | 30%       | 4%      | 4%   |
| <b>Tomato</b><br>1 medium (148 g/5.3 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.