

Vegetables

Nutrition Facts



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

| Vegetables Serving Size (gram weight/ounce weight) | Calories | | Calories from Fat | | Total Fat | | Sodium | | Potassium | | Total Carbohydrate | | Dietary Fiber | Sugars | Protein | Vitamin A | Vitamin C | Calcium | Iron |
|--|----------|----|-------------------|-----|-----------|-----|--------|-----|-----------|-----|--------------------|-----|---------------|--------|---------|-----------|-----------|---------|------|
| | | | g | %DV | mg | %DV | mg | %DV | g | %DV | g | %DV | g | g | g | %DV | %DV | %DV | %DV |
| Asparagus 5 spears (93 g/3.3 oz) | 20 | 0 | 0 | 0 | 0 | 0 | 230 | 4 | 2 | 4 | 2 | 2g | 2g | 10% | 15% | 2% | 2% | | |
| Bell Pepper 1 medium (148 g/5.3 oz) | 25 | 0 | 0 | 0 | 40 | 2 | 220 | 6 | 2 | 6 | 2 | 4g | 1g | 4% | 190% | 2% | 4% | | |
| Broccoli 1 medium stalk (148 g/5.3 oz) | 45 | 0 | 0.5 | 1 | 80 | 3 | 460 | 8 | 3 | 8 | 3 | 2g | 4g | 6% | 220% | 6% | 6% | | |
| Carrot 1 carrot, 7" long, 1 1/4" diameter (78 g/2.8 oz) | 30 | 0 | 0 | 0 | 60 | 3 | 250 | 7 | 2 | 7 | 2 | 5g | 1g | 110% | 10% | 2% | 2% | | |
| Cauliflower 1/6 medium head (99 g/3.5 oz) | 25 | 0 | 0 | 0 | 30 | 1 | 270 | 5 | 2 | 5 | 2 | 2g | 2g | 0% | 100% | 2% | 2% | | |
| Celery 2 medium stalks (110 g/3.9 oz) | 15 | 0 | 0 | 0 | 115 | 5 | 260 | 4 | 2 | 4 | 1 | 2g | 0g | 10% | 15% | 4% | 2% | | |
| Cucumber 1/3 medium (99 g/3.5 oz) | 10 | 0 | 0 | 0 | 0 | 0 | 140 | 2 | 1 | 2 | 1 | 1g | 1g | 4% | 10% | 2% | 2% | | |
| Green (Snap) Beans 3/4 cup cut (83 g/3.0 oz) | 20 | 0 | 0 | 0 | 0 | 0 | 200 | 5 | 3 | 5 | 3 | 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 | 2 | 5 | 2 | 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 | 1 | 2 | 1 | 1g | 0g | 2% | 8% | 2% | 2% | | |
| Iceberg Lettuce 1/6 medium head (89 g/3.2 oz) | 10 | 0 | 0 | 0 | 10 | 0 | 125 | 2 | 1 | 2 | 1 | 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 | 2 | 1 | 2 | 1 | 1g | 1g | 130% | 6% | 2% | 4% | | |
| Mushrooms 5 medium (84 g/3.0 oz) | 20 | 0 | 0 | 0 | 15 | 0 | 300 | 3 | 1 | 3 | 1 | 0g | 3g | 0% | 2% | 0% | 2% | | |
| Onion 1 medium (148 g/5.3 oz) | 45 | 0 | 0 | 0 | 5 | 0 | 190 | 11 | 3 | 11 | 3 | 9g | 1g | 0% | 20% | 4% | 4% | | |
| Potato 1 medium (148 g/5.3 oz) | 110 | 0 | 0 | 0 | 0 | 0 | 620 | 26 | 2 | 26 | 2 | 1g | 3g | 0% | 45% | 2% | 6% | | |
| Radishes 7 radishes (85 g/3.0 oz) | 10 | 0 | 0 | 0 | 55 | 2 | 190 | 3 | 1 | 3 | 1 | 2g | 0g | 0% | 30% | 2% | 2% | | |
| Summer Squash 1/2 medium (98 g/3.5 oz) | 20 | 0 | 0 | 0 | 0 | 0 | 260 | 4 | 2 | 4 | 2 | 2g | 1g | 6% | 30% | 2% | 2% | | |
| Sweet Corn kernels from 1 medium ear (90 g/3.2 oz) | 90 | 20 | 2.5 | 4 | 0 | 0 | 250 | 18 | 2 | 18 | 2 | 5g | 4g | 2% | 10% | 0% | 2% | | |
| Sweet Potato 1 medium, 5" long, 2" diameter (138 g/4.6 oz) | 100 | 0 | 0 | 0 | 70 | 3 | 440 | 23 | 4 | 23 | 4 | 7g | 2g | 120% | 30% | 4% | 4% | | |
| Tomato 1 medium (148 g/5.3 oz) | 25 | 0 | 0 | 0 | 20 | 1 | 340 | 5 | 1 | 5 | 1 | 3g | 1g | 20% | 40% | 2% | 4% | | |

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