

Vegetable Nutrition Facts

Key Nutrients

Veggie	Calories	Carb.	Fiber	Protein	Potassium	Sodium	Vit A	Vit C	Calcium	Iron
		gm.	gm.	gm.	mg.	mg.		% Daily Value		
Artichokes, 1 med. raw	60	13	7	4	470	120	4	25	6	10
Asparagus, 5 spears, raw	25	4	2	2	230	0	10	15	2	2
Beets, 1 med. raw	35	8	2	1	270	65	*	6	*	4
Bell Pepper (Green) 1 med, raw	30	8	2	1	210	0	15	180	*	4
Bell Pepper (Red) 1 med, raw	30	8	2	1	210	0	140	380	*	4
Black Radish, 50 g. raw	10	2	<1	<1	n/a	10	*	20	*	*
Bok Choy, 1/2 head, raw	50	9	4	6	1060	270	250	320	45	20
Broccoli, 3 med. spears, raw	25	5	3	3	300	25	30	140	4	4
Brussels Sprouts, 5 med. raw	40	9	4	3	370	25	15	130	4	8
Burdock, 1 med. raw	110	27	5	2	480	10	*	8	6	6
Cabbage (Green), 200 g. raw	60	12	5	2	450	50	*	170	10	4
Cabbage (Red), 200 g. raw	50	12	4	3	410	20	*	190	10	6
Carrots, 1 med, raw	35	8	2	1	280	40	270	10	2	0
Cauliflower, 1/4 med. head	35	7	3	3	400	45	*	150	2	2
Celery, 1 med. stalk, raw	10	3	1	<1	180	50	*	8	2	*
Celery Root, 100 g. raw	40	9	2	2	300	100	*	15	4	4
Cilantro, 50 g. raw	10	2	1	1	260	25	60	30	4	4
Collard Greens, 100 g. chopped, raw	30	6	4	2	170	20	80	60	15	*
Corn, Sweet, 1 large ear, raw	120	27	4	5	390	20	8	15	*	4
Cucumber, 1 med, raw	45	9	3	3	520	0	10	30	6	6
Daikon Radish, 50 g. raw	10	2	<1	<1	115	10	*	20	*	*
Eggplant, 1 med unpeeled, raw	140	33	14	6	1190	15	10	15	4	8
Endive	10	2	2	<1	110	0	*	2	*	*
Fava, 1 cup fresh (not dried)	80	13	5	6	270	55	8	60	2	10
Fennel, 1 med. bulb, raw	70	17	7	3	970	120	6	45	10	10
Garlic, 2 cloves, raw	10	2	<1	<1	2	0	*	4	*	*
Ginger, 25 g. raw, sliced	15	4	<1	<1	105	0	*	2	*	*
Green Beans, 100 g. raw	30	6	4	1	240	0	4	10	4	2
Horseradish Root, 1 TB fresh	10	2	<1	<1	85	0	*	30	*	*
Jerusalem Artichoke, 100 g. raw	80	17	2	2	430	0	*	6	*	20
Jicama, 1 small, raw	140	32	18	3	550	15	*	120	4	10
Kale, 100 g. raw	50	10	2	3	450	45	180	200	15	10
Kohlrabi, 100 g. raw	25	6	4	2	350	20	*	100	2	2
Leeks, 1 med. raw	50	13	2	1	160	20	*	20	6	10
Lettuce (Boston, Bibb, Butter) 1 head	20	4	2	2	420	10	30	20	6	2
Lettuce (Iceberg) 1/2 head	45	9	3	3	350	30	10	20	6	6
Lettuce, Red or Green Leaf, 100 g.	20	4	2	1	260	10	40	30	6	8
Lettuce (Romaine) 100 g. inner leaf	15	2	2	2	290	10	50	40	4	6
Mushrooms (Crimini), 50 g. raw	10	2	0	1	220	0	*	*	*	*
Mushrooms (Enoki), 10 med. raw	10	2	<1	<1	115	0	*	6	*	*
Mushrooms (Shiitake), 100 g. raw	25	5	1	2	n/a	0	*	4	*	8
Mustard Greens, 100 g. raw	25	5	3	3	350	25	110	120	10	8
Okra, 100 g. raw	35	8	3	2	300	10	15	35	8	4
Onion (Pearl), 100 g. raw	40	9	2	1	160	0	*	10	2	*
Onion (Red), 1 med, raw	40	9	2	1	170	0	*	10	2	*
Onion (Yellow), 1 med, raw	40	9	2	1	170	0	*	10	2	*
Parsley, 1 cup fresh, chopped	20	4	2	2	330	35	60	130	8	20
Parsnip, 100 g. raw	80	18	5	1	380	10	*	30	4	4
Potato, 1 med. raw	100	26	3	4	720	0	*	45	2	6
Pumpkin, 1 cup boiled, mashed	50	12	3	2	560	0	50	20	4	8
Radish, 3 each	5	1	n/a	<1	100	10	*	15	*	*
Rhubarb, 1 cup raw, diced	25	6	2	1	350	0	2	15	10	*
Rutabaga, 1 small, raw	70	16	5	2	650	40	20	80	10	6
Salsify, 100 g. raw	80	19	3	3	380	20	*	15	6	4
Savoy Cabbage, 1 cup raw, shredded	20	4	2	1	160	20	15	35	2	*
Scallion, 100 g. raw	30	7	3	2	280	15	8	30	8	8
Snow Peas, 100 g. raw	40	8	3	3	200	0	2	100	4	10
Spinach, 100 g. raw	20	4	3	3	560	80	130	45	10	15
Squash (Acorn), 1 raw	170	45	6	3	1500	15	30	80	15	15
Squash (Butternut), 1 cup cubed, raw	60	16	5	1	490	5	220	50	6	6
Squash (Crookneck), 100 g. raw	20	4	2	<1	210	0	6	15	2	2
Squash (Hubbard), 100 g. raw	40	9	3	2	320	5	110	20	*	2
Sweet Potato, 1 med. raw	130	33	4	2	350	45	440	30	2	2
Swiss Chard, 100 g. raw	20	4	2	2	380	210	70	50	6	10
Taro Root	20	4	2	2	380	210	70	50	6	10
Tomato, med. raw **	35	7	1	1	360	5	20	40	2	2
Tomato (Cherry), 5 each, raw **	20	4	<1	<1	190	10	10	15	*	2
Tomato (Roma), 3 med. raw **	40	9	2	2	410	15	25	60	*	4
Turnip, 1 med, raw	35	8	2	1	230	80	*	45	4	2
Turnip Greens, 100 g. raw	25	6	3	2	300	40	150	100	20	6
Watercress, 1 cup raw, chopped	5	<1	<1	<1	110	15	30	25	4	*
Yellow Wax Beans, 100 g. raw	30	7	3	2	210	5	2	25	4	6
Zucchini, 1 large raw	45	9	4	4	800	10	20	50	4	8

** Yes, tomatoes are botanically a fruit. They are included here for your convenience.

* Contains less than 2% Daily Value

Amounts given are approximations; nutritional content will vary slightly, depending on growing conditions, etc.