

Food Item	Portion	Carb g	Fiber g	Fat g	Protein g	Cal
Artichoke	1 each	13.4	6.5	0.2	4.2	60
Asparagus spears	6 each	3.8	1.4	0.3	2.3	22
Beans, green	0.5 cup	4.9	2.0	0.2	1.2	22
Bok Choi	1 cup	1.5	0.7	0.1	1.1	9
Broccoli	0.5 cup	3.9	2.3	0.3	2.3	22
Brussels sprouts	6 each	10.9	3.3	0.6	3.2	49
Cabbage, green	0.5 cup	1.9	0.8	0.1	0.4	8
Cabbage, red	0.5 cup	1.9	0.8	0.1	0.5	9
Cabbage, sauerkraut	0.5 cup	5.1	3.0	0.2	1.1	22
Cabbage, savoy	0.5 cup	2.1	1.1	0.0	0.7	9
Carrots, medium	1 each	7.3	2.2	0.1	0.7	31
Cauliflower	6 each	4.4	2.9	0.5	2.0	25
Celery stalk	1 each	1.5	0.7	0.1	0.3	6
Celery, chopped	1 Tbs	0.3	0.1	0.0	0.1	1
Chili Pepper	1 each	0.0	0.0	0.0	0.0	20
Chilies, green, chopped	1 Tbs	0.5	0.5	0.0	0.0	3
Collards	4 oz-wt	7.3	4.1	0.4	3.1	37
Corn	0.5 cup	16.0	2.0	0.4	2.3	66
Cucumber, English	1 each	4.0	1.1	0.3	0.9	19
Cucumber, small	0.5 each	2.5	0.7	0.2	0.6	12
Eggplant	0.5 cup	3.3	1.2	0.1	0.4	14
Eggplant, Italian	0.5 cup	3.3	1.2	0.1	0.4	14
Endive	0.5 cup	1.8	1.4	0.0	0.4	8
Escarole	0.5 cup	0.8	0.8	0.1	0.3	4
Fennel	0.5 cup	3.2	1.3	0.1	0.5	13
Greens, mixed	1 cup	1.6	1.2	0.1	0.9	9
Kale	0.5 cup	3.7	1.3	0.3	1.2	18
Leeks	1 each	12.6	1.6	0.3	1.3	54
Lettuce, butter head	1 cup	1.3	0.6	0.1	0.7	7
Lettuce, romaine	1 cup	1.3	1.0	0.1	0.9	8
Mushroom, portabello	0.5 cup	1.4	0.4	0.1	1.0	9
Mushrooms, dried	2 Tbs	8.9	2.9	0.7	5.6	64
Mushrooms, fresh	0.5 cup	1.4	0.4	0.1	1.0	9
Okra	4 oz-wt	7.5	2.5	0.3	1.9	34
Onions	1 each	9.5	2.0	0.2	1.3	42

Onions, green	0.25 cup	1.8	0.7	0.0	0.5	8
Peas, podded	0.5 cup	5.6	2.2	0.2	2.6	34
Peas, green	0.5 cup	9.9	3.4	0.3	3.8	55
Peas, Snow or Chinese Snow, frozen	0.5 cup	9.8	3.4	0.3	3.7	55
Peas, Snow or Chinese Snow, cooked	0.5 cup	5.6	1.4	-	2.6	34
Pepper, green	0.5 cup	4.8	1.3	0.1	0.7	20
Pepper, red	0.5 cup	4.8	1.5	0.1	0.7	20
Peppers, jalapeno	1 each	0.8	0.4	0.1	0.2	4
Peppers, roasted	0.5 each	2.4	0.4	0.1	0.3	10
Potato, sweet	1 each	22.4	3.1	0.1	1.8	95
Potato, white	0.5 cup	15.4	1.5	0.1	1.4	66
Pumpkin	0.5 cup	9.9	3.6	0.3	1.3	42
Radicchio	0.5 cup	0.9	0.2	0.1	0.3	5
Radishes	6 each	1.0	0.4	0.1	0.2	5
Rhubarb	0.5 cup	2.8	1.1	0.1	0.5	13
Shallots	0.25 cup	6.7	0.3	0.0	1.0	29
Spinach, uncooked	1 cup	1.1	0.8	0.1	0.9	7
Squash, acorn	0.5 cup	14.9	4.5	0.1	1.1	57
Squash, butternut	0.5 cup	10.8	2.9	0.1	0.9	41
Squash, spaghetti	0.5 cup	5.0	1.1	0.2	0.5	21
Squash, summer	0.5 cup	2.5	1.1	0.1	0.7	11
Squash, zucchini	1 each	5.7	2.4	0.3	2.3	27
Swiss chard	0.5 cup	0.7	0.3	0.0	0.3	3
Tomato, plum	1 each	4.2	1.0	0.3	0.8	19
Tomato, small	1 each	4.2	1.0	0.3	0.8	19
Tomatoes, canned	0.5 cup	5.2	1.2	0.2	1.1	23
Tomatoes, cherry	6 each	4.7	1.1	0.3	0.9	21
Tomatoes, chopped	0.5 cup	3.5	0.8	0.2	0.6	16
Tomatoes, sun dried, oil-packed	0.25 cup	6.4	1.6	3.9	1.4	59
Turnips	0.5 cup	3.8	1.6	0.1	0.6	16
Waterchestnuts	0.5 cup	8.7	1.8	0.0	0.6	35
Watercress	0.5 cup	0.2	0.2	0.0	0.4	2