

NUTRITION INFORMATION

The information provided in these charts has been researched primarily from:

CalorieKing (<http://www.calorieking.com/>)

MyFitnessPal (<http://www.myfitnesspal.com/food/calorie-chart-nutrition-facts>)

Nutrition Information from package labels

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Beverages	Serving	Calories	Carbs	Fat	Fiber	Protein
Almond milk, unsweetened	1 c.	30	1g	2g	1g	1g
Buttermilk, low-fat	1 c.	98	11.7g	2.2g	0g	8.1g
Cashew milk, unsweetened	1 c.	25	1g	1g	0g	1g
Club soda	1 c.	0	0g	0g	0g	0g
Coconut cream, Trader Joe's	½ c.	170	4g	16g	0g	2g
Coconut milk, unsweetened	1 c.	50	5g	1g	0g	1g
Coconut water	1 c.	46	8.9g	0.5g	2.6g	1.7g
Flax milk, unsweetened	1 c.	25	1g	3g	0g	0g
Goat's milk	1 c.	168	10.9g	10.1g	0g	8.7g
Half-and-half, fat-free	½ c.	71	11g	2g	0g	3g
Half-and-half, full-fat	½ c.	157	5.2g	13.9g	0g	3.6g
Heavy cream	2 T.	104	0.8g	11.1g	0g	0.6g
Hemp milk, unsweetened	1 c.	70	1g	5g	2g	3g
Kefir, plain	1 c.	110	12g	2g	0g	11g
Milk, 1%	1 c.	105	12.2g	2.4g	0g	8.5g
Milk, 2%	1 c.	122	12.3g	4.8g	0g	8.1g
Milk, skim (nonfat)	1 c.	91	12.3g	0.6g	0g	8.7g

Beverages	Serving	Calories	Carbs	Fat	Fiber	Protein
Milk, whole	1 c.	146	12.8g	7.9g	0g	7.9g
Rice milk, unsweetened	1 c.	90	15g	3g	0g	2g
Seltzer water	1 c.	0	0g	0g	0g	0g
Soy milk, original, Silk	1 c.	90	8g	3.5g	1g	6g

Condiments & Spices	Serving	Calories	Carbs	Fat	Fiber	Protein
Apple cider vinegar	2 T.	0	1g	0g	0g	0g
Balsamic vinegar	2 T.	28	5.4g	0g	0g	0.2g
Basil, dried	1 t.	4	0.9g	<0.1g	0.6g	0.2g
Basil, fresh	1 T.	1	0.1g	<0.1g	0.1g	<0.1g
Bragg Liquid Aminos	2 T.	0	0g	0g	0g	0g
Caesar salad dressing (Primal Kitchen)	2 T.	130	1g	14g	0g	0g
Chili powder	1 t.	8	1.2g	0.4g	0.9g	0.3g
Cinnamon, ground	1 t.	6	1.8g	<0.1g	0.1g	<0.1g
Creamy Ranch Dressing (Primal Kitchen)	2 T.	140	< 1g	12g	0g	0g
Garlic powder	1 t.	9	2g	<0.1g	0.3g	0.5g
Green Goddess salad dressing (Primal Kitchen)	2 T.	120	1g	2g	0g	6g
Italian dressing	2 T.	86	3.1g	8.3g	0g	0g
Ketchup, reduced-sugar	1 T.	5	1g	0g	0g	0g
Ketchup, regular	1 T.	20	5g	0g	0g	0g
Mayonnaise	2 T.	180	0g	20g	0g	0g
Mustard, prepared	1 t.	3	0.3g	0.2g	0.2g	0.2g
Nutmeg	1 t.	12	1.1g	0.8g	0.5g	0.1g
Olive oil	1 T.	120	0g	14g	0g	0g
Onion powder	1 t.	8	1.9g	<0.1g	0.1g	0.2g
Parsley, dried	1 t.	1	0.2g	<0.1g	<0.1g	<0.1g
Parsley, fresh	1 T.	1	0.2g	<0.1g	0.1g	0.1g
Picante sauce, mild (Pace)	2 T.	10	3g	0g	1g	0g
Pickle relish, dill	1 T.	0	0g	0g	0g	0g
Pickle relish, sweet	1 T.	20	5.3g	<0.1g	0.2g	<0.1g
Sugar-free BBQ sauce (G. Hughes)	2 T.	19	2g	1g	0g	0g
Taco sauce, mild (Ortega)	1 T.	10	2g	0g	0g	0g
Tahini (sesame butter)	1 T.	89	3.2g	8g	0.7g	2.6g
Tamari/soy sauce	2 T.	22	2g	< 0.1g	0.3g	3.8g
Tartar sauce	2 T.	120	4g	11g	0.3g	0.3g
Thousand Island dressing	2 T.	118	5.1g	11.2g	0.3g	0.3g
Turmeric	1 t.	8	1.4g	0.2g	0.5g	0.2g

Condiments & Spices	Serving	Calories	Carbs	Fat	Fiber	Protein
Vanilla	1 t.	12	0.5g	<0.1g	0g	<0.1g
White wine vinegar	2 T.	0	0g	0g	0g	0g

Dairy Products & Eggs	Serving	Calories	Carbs	Fat	Fiber	Protein
Burrata	1 oz.	80	1g	6g	0g	5g
Butter	1 T.	102	<0.1g	11.5g	0g	0.1g
Buttermilk, low-fat	1 c.	98	11.7g	2.2g	0g	8.1g
Cashew cream	2 T.	50	2g	3g	0g	1g
Cheddar cheese, shredded	¼ c.	114	0.4g	9.4g	0g	7g
Cheese, Babybel original	1 pc.	70	0g	6g	0g	5g
Cheese, brie	1 oz.	95	0.1g	7.8g	0g	5.9g
Cheese, cheddar	1 oz.	113	0.4g	9.3g	0g	7g
Cheese, colby jack	1 oz.	104	0g	9g	0g	6g
Cheese, feta	1 oz.	75	1.2g	6g	0g	4g
Cheese, havarti	1 oz.	110	1g	8g	0g	7g
Cheese, Laughing Cow	1 wedge	50	1g	4g	0g	2g
Cheese, mozzarella	1 oz.	80	0.5g	6g	0g	8g
Cheese, pepper jack	1 oz.	101	0g	8.1g	0g	7.4g
Cheese, provolone	1 oz.	98	0.6g	7.5g	0g	7.2g
Cheese, Swiss	1 oz.	106	1.5g	7.8g	0g	7.5g
Cottage cheese, fat-free	½ c.	80	6g	0g	0g	14g
Cottage cheese, full-fat	½ c.	116	3g	5.1g	0g	14.1g
Cottage cheese, low-fat	½ c.	102	4.1g	2.2g	0g	15.5g
Cream cheese, fat-free	½ c.	138	8.4g	2g	0g	20.8g
Cream cheese, full-fat	½ c.	405	3.1g	40.4g	0g	8.8g
Half-and-half, fat-free	½ c.	71	11g	2g	0g	3g
Half-and-half, full-fat	½ c.	157	5.2g	13.9g	0g	3.6g
Heavy cream	2 T.	104	0.8g	11.1g	0g	0.6g
Milk, 1%	1 c.	105	12.2g	2.4g	0g	8.5g
Milk, 2%	1 c.	122	12.3g	4.8g	0g	8.1g
Milk, skim (non-fat)	1 c.	91	12.3g	0.6g	0g	8.7g
Milk, whole (3.25%)	1 c.	146	12.8g	7.9g	0g	7.9g
Mozzarella cheese, shredded	¼ c.	80	1g	5g	0g	8g
Parmesan cheese, grated	¼ c.	108	3.7g	0g	0g	9.6g
Sour cream, fat-free	2 T.	18	3.7g	0g	0g	0.7g
Sour cream, full-fat	2 T.	51	1g	5g	0g	0.8g
Sour cream, low-fat (light)	2 T.	33	1.7g	2.5g	0g	0.8g
Yogurt, Greek, 2% (Fage)	½ c.	85	4.5g	2.3g	0g	11.4g

Dairy Products & Eggs	Serving	Calories	Carbs	Fat	Fiber	Protein
Yogurt, Greek, fat-free (Fage)	½ c.	67	4.7g	0g	0g	12g
Yogurt, Greek, full-fat (Fage)	½ c.	108	4.5g	5.7g	0g	10.2g
Yogurt, plain, fat-free	½ c.	69	9.4g	0.2g	0g	7g
Yogurt, plain, full-fat	½ c.	75	5.7g	4g	0g	4.3g

Fats	Serving	Calories	Carbs	Fat	Fiber	Protein
Avocado oil	1 T.	124	0g	14g	0g	0g
Butter	1 T.	102	0.1g	11.5g	0g	0.1g
Canola oil	1 T.	124	0g	14g	0g	0g
Coconut oil (unrefined)	1 T.	120	0g	14g	0g	0g
Ghee (clarified butter)	1 T.	135	0g	15g	0g	0g
Lard	1 T.	114	0g	12.6g	0g	0g
Olive oil, extra virgin	1 T.	120	0g	14g	0g	0g
Tallow (beef or mutton)	1 T.	114	0g	12.6g	0g	0g
Toasted sesame oil	1 T.	120	0g	14g	0g	0g
Walnut oil	1 T.	120	0g	13.6g	0g	0g

Flours	Serving	Calories	Carbs	Fat	Fiber	Protein
Almond flour	¼ c.	160	6g	14g	3g	6g
Almond meal	¼ c.	180	5g	15g	3g	7g
Amaranth flour	¼ c.	110	20g	2g	3g	4g
Arrowroot flour	¼ c.	114	28.2g	<0.1g	1.1g	<0.1g
Buckwheat flour	¼ c.	101	21.2g	0.9g	3g	3.8g
Coconut flour	¼ c.	120	16g	4g	10g	4g
Cornmeal	¼ c.	126	26.8g	<0.1g	0.3	<0.1g
Cornstarch	¼ c.	122	29.2g	<0.1g	0.3g	<0.1g
Flaxseed meal	¼ c.	131	8.7g	9.8g	8.7g	6.5g
Garbanzo bean (chickpea) flour	¼ c.	89	13g	1.5g	2.5g	5.1g
Oat flour	¼ c.	110	18g	2g	2g	4g
Potato flour	¼ c.	143	33.2g	0.1g	2.4g	2.8g
Quinoa flour	¼ c.	110	18g	2g	2g	4g
Rice flour	¼ c.	143	30g	1.1g	1.8g	2.9g
Rye flour	¼ c.	90	19.8g	0.5g	3.7g	2.4g
Semolina flour	¼ c.	140	30g	0.5g	1g	5g
Soy flour	¼ c.	80	10g	0g	6g	14g
Spelt flour	¼ c.	120	22g	1g	4g	4g
Vital wheat gluten flour	¼ c.	120	4g	0.5g	1g	23g

Flours	Serving	Calories	Carbs	Fat	Fiber	Protein
White flour, all-purpose	¼ c.	114	23.8g	0.3g	0.8g	3.2g
Whole wheat flour	¼ c.	110	23g	0.5g	4g	4g

Fruits	Serving	Calories	Carbs	Fat	Fiber	Protein
Apple (2.75" dia.)	1 small	80	21.1g	0.3g	3.7g	0.4g
Apricot (1.2 oz.)	1 fruit	17	3.9g	0.1g	0.7g	0.5g
Avocado (5.1 oz.)	1 c. slices	234	12.5g	21.4g	9.8g	2.9g
Banana (7" long)	1 medium	105	27g	0.4g	3.1g	1.3g
Blackberries	¼ c.	15	3.7g	0.2g	1.9g	0.5g
Blueberries	¼ c.	21	5.4g	0.1g	0.9g	0.3g
Cantaloupe (cubes)	½ c.	17	6.8g	0.1g	0.7g	0.7g
Cherries, raw	4 each	5	1.3g	< 0.1g	0.2g	< 0.1g
Coconut, shredded, raw	¼ c.	71	3g	6.7g	1.8g	0.7g
Dates, Medjool	1 date	66	18g	<0.1g	1.6g	0.4g
Fig, fresh (2.25" dia.)	1 medium	37	9.6g	0.2g	1.5g	0.4g
Grapefruit (4" dia.)	½ med.	41	10.3g	0.1g	1.4g	0.8g
Honeydew (cubes)	½ c.	31	7.7g	0.1g	0.7g	0.5g
Kiwi (2" dia.)	1 whole	42	10.1g	0.4g	2.1g	0.8g
Mandarin oranges, canned in juice	½ c.	46	11.9g	<0.1g	0.9g	0.8g
Mandarin, fresh (tangerine) (2.5" dia.)	1 medium	47	11.7g	0.3g	1.6g	0.7g
Mango, fresh (pieces)	½ c.	50	12.9g	0.3g	1.3g	0.7g
Nectarine (2.5" dia.)	1 medium	62	15g	0.5g	2.4g	1.5g
Olives, black	1 olive	9	1g	1g	0g	0g
Olives, green pimiento-stuffed	5 olives	25	1g	2g	0g	0g
Olives, green ripe (Trader Joe's)	5 olives	25	1g	2.5g	0g	0g
Orange (2.6" dia.)	1 medium	62	15.4g	0.2g	3.1g	1.2g
Papaya (cubes)	½ c.	27	6.9g	<0.1g	1.3g	0.4g
Pear, small (5.2 oz.)	1 fruit	86	22.9g	0.2g	4.6g	0.6g
Pineapple, 1 slice (3.5"x0.5")	1 slice	28	7.3	< 0.1g	0.8g	0.3g
Plum (2.1" dia.)	1 fruit	30	7.5g	0.2g	0.9g	0.5g
Pomegranate (2.5" dia.)	½ c. arils	72	16.3g	1g	3.5g	1.5g
Prunes	1 prune	17	4g	0g	0.5g	0.2g
Raisins	¼ c.	108	28.7g	0.2g	1.3g	1.1g
Raspberries	10 berries	10	2.3g	0.1g	1.2g	0.2g
Satsuma	1 fruit	10	2g	0g	0g	0g
Strawberries (1.25" dia.)	1 medium	4	0.9g	<0.1g	0.2g	<0.1g
Tomatoes, cooked	½ c.	22	4.8g	0.1g	0.8g	1.1g
Tomatoes, raw	½ c.	16	3.5g	0.2g	1.1g	0.8g

Fruits	Serving	Calories	Carbs	Fat	Fiber	Protein
Watermelon (balls or diced)	½ c.	23	5.8g	0.1g	0.3g	0.5g

Grains & Cereals	Serving	Calories	Carbs	Fat	Fiber	Protein
Amaranth, cooked	½ c.	176	32g	4g	5g	7g
Barley, cooked	½ c.	97	22.2g	0.3g	3g	1.8g
Barley, uncooked	1 T.	44	9.7g	0.1g	2g	1.2g
Buckwheat, groats, roasted	½ c.	77	16.7g	0.5g	2.3g	2.8g
Bulgur wheat, cooked	½ c.	76	17g	0g	4g	3g
Cheerios, original	1 c.	100	20g	2g	3g	3g
Corn	½ c.	64	15.6g	1.1g	1.8g	2.5g
Millet, cooked	½ c.	104	20.6g	0.9g	1.1g	3.1g
Millet, puffed (dry cereal)	1 c.	74	16.8g	0.7g	0.6g	2.7g
Oats, rolled	½ c.	83	14g	1.8g	2g	3g
Oats, steel-cut	½ c.	190	33g	3g	4g	6g
Quinoa	½ c.	111	19.7g	1.8g	2.6g	4.1g
Rice, brown	½ c.	109	22.9g	0.8g	1.8g	2.3g
Rice, white	½ c.	121	26.6g	0.2g	0g	2.2g
Rye	½ c.	283	58.95g	2.1g	12.35g	12.45g
Special K, original	1 c.	95	22.8g	0.6g	3.3g	2.5g
Spelt, uncooked	¼ c.	147	30.5g	1.1g	4.7g	6.3g
Tapioca, uncooked	¼ c.	136	33.7g	<0.1g	0.3g	<0.1g
Wheat berries, cooked	½ c.	111	25g	1g	4g	4g
Whole wheat farina, cooked	⅓ c.	160	33g	1g	4g	5g

Legumes	Serving	Calories	Carbs	Fat	Fiber	Protein
Beans, black	½ c.	114	20.4g	0.5g	7.5g	7.6g
Beans, kidney	½ c.	112	20.2g	0.4g	5.7g	7.7g
Beans, pinto	½ c.	122	22.4g	0.6g	7.7g	7.7g
Beans, white	½ c.	124	22.5g	0.3g	5.6g	8.7
Black soybeans	½ c.	120	8g	6g	7g	11g
Garbanzos (chick peas)	½ c.	106	17.1g	2.1g	4.9g	5.4g
Green soybeans (edamame)	½ c.	127	9.9g	5.8g	3.8g	11.1g
Hummus (chickpea)	½ c.	208	17.9g	12g	7.5g	9.9g
Lentils	½ c.	115	19.9g	0.4g	7.8g	8.9g
Peanuts, raw	½ c.	413	11.8g	35.9g	6.2g	18.8g
Peas, green	½ c.	67	12.5g	0.2g	4.4g	4.3g
Peas, split	½ c.	116	20.7g	0.4g	8.1g	8.2g

Legumes	Serving	Calories	Carbs	Fat	Fiber	Protein
Soybeans, cooked	½ c.	149	8.5g	7.7g	5.2g	14.3g

Meat, Poultry, Fish, & Vegetarian	Serving	Calories	Carbs	Fat	Fiber	Protein
Albacore tuna, canned in water (Natural Directions)	2 oz.	70	0g	0g	0g	17g
Bacon, beef	2 slices	60	0g	5g	0g	6g
Bacon, pork	2 slices	92	0.2g	7.1g	0	6.3g
Bacon, turkey	2 slices	50	0g	3g	0g	4g
Beef, ground (80% lean, 20% fat)	4 oz.	306	0g	20.1g	0g	29.1g
Beef, steak, sirloin	4 oz.	207	0g	6.5g	0g	34.5g
Big Franks (Loma Linda)	1 link	110	3g	6g	2g	11g
Chicken breast, with skin	4 oz.	223	0g	8.8g	0g	33.7g
Chicken thighs, with skin	4 oz.	279	0g	17.5g	0g	28.3g
Chicken, dark meat, canned (Hormel)	2 oz.	40	0g	2g	0g	7g
Fri-Chik (Worthington)	2 pcs.	140	4g	3g	1g	12g
Hot dog, beef (Hebrew National)	1 link	150	1g	14g	0g	6g
Hot dog, tofu (Yves)	1 link	45	2g	1g	0g	8g
In-n-Out cheeseburger, protein style	1 burger	330	11g	25g	3g	18g
KFC grilled chicken breast	1 pc.	180	0g	6g	0g	31g
Little Links (Loma Linda)	2 links	90	3g	5g	2g	8g
Morningstar Farms veggie crumbles	½ c.	80	5g	2.5g	3g	10g
Morningstar Farms veggie strips	2 strips	60	2g	4.5g	1g	2g
Pepperoni, beef	0.1 oz. slice	9	<0.1g	0.8g	<0.1g	0.4g
Pink Salmon, canned in water (Bumble Bee)	2 oz.	60	0g	1.5g	0g	12g
Salami, beef	0.9 oz. slice	67	0.5g	5.8g	0g	3.3g
Salmon	4 oz.	100	2g	1g	1g	21g
Sardines (3.75 oz.)	1 can	191	0g	10.5g	0g	22.7g
Sausage, beef	1 link	143	0.2g	12g	0g	7.8g
Seitan, traditional	3 oz.	90	3g	1g	1g	18g
Stripples (Worthington)	2 strips	60	2g	4.5g	0.5g	2g
Tofu, firm, organic, sprouted	3 oz.	90	3g	1g	1g	9g
Turkey, dark meat (without skin)	4 oz.	183	0g	4.9g	0g	32.6g
Turkey, ground (85% lean)	4 oz.	170	0g	3g	0g	33.4g
Turkey, white meat (without skin)	4 oz.	153	0g	0.8g	0g	34g
Vege-Scallops (Heritage)	½ c.	100	4g	0g	< 1g	18g
Wham (Worthington)	1 3/8" slice	110	3g	6g	0g	10g

Nuts & Seeds	Serving	Calories	Carbs	Fat	Fiber	Protein
Almond butter, natural	1 T.	101	3.4g	9.5g	0.6g	2.4g
Almonds, raw (23 kernels)	1 oz.	164	5.6g	14.4g	3.4g	6g
Brazil nuts (6 kernels)	1 oz.	186	3.5g	18.9g	2.1g	4.1g
Cashew butter, natural	1 T.	94	4.4g	7.9g	0.3g	2.8g
Cashews (18 kernels)	1 oz.	156	8.6g	12.4g	0.9g	5.2g
Chia seeds	1 T.	60	4g	4g	4g	2g
Flaxseed, ground	1 T.	37	2g	3g	1.9g	1.3g
Hazelnuts (filberts) (21 kernels)	1 oz.	178	4.7g	17.2g	2.7g	4.2g
Hemp seeds	1 T.	57	1g	4.3g	1g	3.3g
Macadamia nuts (12 kernels)	1 oz.	203	3.9g	21.5g	2.4g	2.2g
Peanut butter, natural	1 T.	94	3.1g	8.1g	1g	4g
Peanuts, raw	½ c.	413	11.8g	35.9g	6.2g	18.8g
Pecans (19 halves)	1 oz.	196	3.9g	20.4g	2.7g	2.6g
Pine nuts	¼ c.	227	4.4g	23.1g	1.2g	4.6g
Pistachios	¼ c.	171	8.6g	13.7g	3.2g	6.3g
Poppy seed	1 T.	46	2.5g	3.7g	1.7g	1.6g
Pumpkin seeds	1 T.	57	1g	5g	0.7g	3g
Sesame seeds	1 T.	51	2.1g	4.5g	1.1g	1.6g
Sunflower seeds, raw	1 oz.	160	5g	14g	3g	6g
Walnuts, black (18 halves)	1 oz.	175	2.8g	16.7g	1.9g	6.8g
Walnuts, English (14 halves)	1 oz.	185	3.9g	18.5g	1.9g	4.3g

Sweeteners	Serving	Calories	Carbs	Fat	Fiber	Protein
Agave syrup	1 t.	15	4g	0g	0g	0g
Aspartame (Equal, NutraSweet)	1 t.	4	0g	0g	0g	1g
Barley malt syrup	1 T.	60	14g	0g	0g	1g
Brown rice syrup	1 T.	75	18g	0g	0g	0g
Coconut sugar	1 t.	15	4g	0g	0g	0g
Corn syrup	1 T.	31	8.4g	<0.1g	0g	0g
Date sugar	1 t.	10	3g	0g	0g	0g
Dates, Medjool	1 date	18	18g	<0.1g	1.6g	0.4g
Erythritol (Swerve, Truvia)	1 t.	1	4g	0g	0g	0g
Honey	1 T.	64	17.3g	0g	<0.1g	<0.1g
Maple sugar	1 t.	11	3g	0g	0g	0g
Maple syrup	1 t.	17	4.5g	<0.1g	0g	0g
Molasses	1 T.	58	14.9g	<0.1g	0g	0g

Sweeteners	Serving	Calories	Carbs	Fat	Fiber	Protein
Palm sugar	1 T.	15	3.7g	0g	0g	0g
Saccharin (Sweet 'n' Low)	1 packet	2	0.5g	0g	0g	0g
Stevia in the Raw	1 packet	4	0.8g	0g	0g	0g
Stevia, liquid	4 drops	0	0g	0g	0g	0g
Stevia, powder (SweetLeaf)	1 packet	0	0g	0g	0g	0g
Sucralose (Splenda)	1 t.	2	0.5g	0g	0g	0g
Sugar, brown	1 t.	17	4.5g	0g	0g	0g
Sugar, turbinado/raw	1 t.	17	4.6g	0g	0g	0g

Vegetables	Serving	Calories	Carbs	Fat	Fiber	Protein
Acorn squash	½ c.	57	14.9g	0.1g	4.5g	1.1g
Alfalfa sprouts	1 c.	10	1.2g	0.2g	0.8g	1.3g
Asparagus	½ c.	20	3.7g	0.2g	1.8g	2.2g
Baby corn, canned	100g	28	4.93g	.25g	2.22g	1.54g
Bamboo shoots	½ c.	12	2.2g	0.3g	0.9g	1.1g
Bean sprouts, cooked	½ c.	31	6.6g	0.1g	1.2g	2.7g
Bean sprouts, raw	1 c.	31	6.2g	0.2g	1.9g	3.2g
Beet greens	1 c.	39	7.9g	0.3g	4.2g	3.7g
Beets	½ c.	19	4.2g	<0.1g	0.9g	0.7g
Broccoli, cooked	½ c.	27	5.6g	0.3g	2.6g	1.9g
Broccoli, raw	½ c.	15	2.9g	0.2g	1.1g	1.2g
Brussels sprouts	½ c.	28	5.5g	0.4g	2.0g	2.0g
Butternut squash	½ c.	41	10.8g	<0.1g	1.0g	0.9g
Cabbage, cooked	½ c.	17	3.6g	0.3g	1.4g	0.8g
Cabbage, Napa	½ c.	17	2.9g	0.2g	2.0g	1.8g
Cabbage, raw	1 c.	17	3.9g	<0.1g	1.4g	1.0g
Carrots, cooked	½ c.	27	6.4g	0.1g	2.3g	0.6g
Carrots, raw	½ c.	25	5.8g	0.1g	1.7g	0.6g
Cauliflower, cooked	½ c.	14	2.5g	0.3g	1.7g	1.1g
Cauliflower, raw	½ c.	13	2.8g	<0.1g	1.3g	1.1g
Celery	1 rib 4"	1	0.1g	<0.1g	<0.1g	<0.1g
Chard	1 c.	35	7.2g	0.1g	3.7g	3.3g
Kohlrabi	½ c.	24	5.5g	<0.1g	0.9g	1.5g
Lettuce, green leaf	1 c.	5	1.0g	<0.1g	0.5g	0.5g
Lettuce, iceberg	1 c.	8	1.6g	<0.1g	0.7g	0.5g
Mushrooms, white, cooked	1 c.	28	4.4g	0.4g	1.9g	3.9g
Okra	½ c.	18	3.9g	0.1g	2.0g	1.5g
Onion, cooked	½ med.	28	6.5g	0.1g	0.9g	0.9g

Vegetables	Serving	Calories	Carbs	Fat	Fiber	Protein
Onion, green	½ c.	16	3.7g	<0.1g	1.3g	0.9g
Onion, raw	½ med.	24	5.8g	<0.1g	0.8g	0.5g
Parsnips	½ c.	55	13.3g	0.2g	2.8g	1.0g
Potatoes, sweet	½ c.	90	20.7g	0.2g	3.3g	2.0g
Potatoes, white	½ c.	67	15.6g	<0.1g	1.4g	1.3g
Radishes	½ c.	9	2.2g	<0.1g	0.9g	0.4g
Rutabaga	½ c.	33	7.4g	0.2g	1.5g	1.1g
Sauerkraut	½ c.	22	5.1g	0.2g	3.0g	1.1g
Scallions (spring onions)	½ c.	16	3.7g	<0.1g	1.3g	0.9g
Shishito peppers	½ c.	100	15.0g	<0.1g	<0.1g	5.0g
Spaghetti squash	½ c.	21	5.0g	0.2g	1.1g	0.5g
Spinach, cooked	1 c.	41	6.8g	0.5g	4.3g	5.3g
Spinach, raw	1 c.	7	1.1g	0.1g	0.7g	0.9g
Sugar snap peas	½ c.	13	2.4g	<0.1g	0.8g	0.9g
Swiss chard	1 c.	35	7.2g	0.1g	3.7g	3.3g
Tomatoes, cooked	½ c.	22	4.8g	0.1g	0.8g	1.1g
Tomatoes, raw	½ c.	16	3.5g	0.2g	1.1g	0.8g
Turnip greens	1 c.	29	6.3g	0.3g	5.0g	1.6g
Turnips	½ c.	17	3.9g	<0.1g	1.6g	0.6g
Water chestnuts	½ c.	30	8.0g	0g	2.0g	0g
Yellow crookneck squash	½ c.	18	4.0g	0g	1.0g	1.0g
Zucchini, cooked	½ c.	14	3.5g	<0.1g	1.3g	0.6g
Zucchini, raw	½ c.	10	2.0g	0.2g	0.6g	0.7g

NOTES: