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Nutrition Comparison of Vegetables*

ITEM	SERVING	CALOR.	FAT	FIBER	PROT.	CARB.	SOD.	IRON
ASPARAGUS	3 med. spears	11	O	1g	1g	2g	1mg	0.5mg
BEANS, KIDNEY	1 cup	612	1.5	45g	43g	110g	44mg	15mg
BEANS, LIMA	1 cup	601	1g	33g	38g	113g	32mg	13mg
BEANS, SNAP	1 cup	34	O	3.5g	2g	8g	6.5mg	1mg
BEANS, SOY	1 cup	376	17g	11g	33g	28g	38mg	9mg
BROCCOLI	1 bunch	170	2g	18g	18g	32g	164mg	5mg
BRUSSELS SPROUTS	1 sprout	8	O	O.5g	0.5g	1.5g	4.5mg	0
CABBAGE	1 med. head	227	2.5g	21g	13g	49g	163mg	5mg
CARROT	1 med.	26	O	2g	0.5g	6g	21mg	0
ITEM	**SERVING**	**CALOR.**	**FAT**	**FIBER**	**PROT.**	**CARB.**	**SOD.**	**IRON**
CAULIFLOWER	1 med. head	144	1g	14g	11g	30g	172.5mg	2.5mg
CELERY	1 med. stalk	6	O	0.5g	0	1.5g	35mg	0
CORN	1 med. ear	77	1	2.5g	3g	17g	13.5mg	0.5mg
CUCMBER	1 med.	39	O	2g	2g	8g	6mg	1mg
GARLIC	1 clove	4.5	O	0	0	1g	0.5mg	0
LETTUCE, ICEBERG	1 med. head	64	1g	7.5g	5.5g	11g	49mg	2.5mg
LETTUCE, LOOSELEAF	1/2 cup shred	5	O	0.5g	0g	1g	2.5mg	0mg
LETTUCE, ROMAINE	1/2 cup shred.	4	O	0	0	0.5g	2mg	0mg
MUSHROOMS	1 cup sliced	17	O	1g	1.5g	3.2g	2.8mg	1.0mg
ITEM	**SERVING**	**CALOR.**	**FAT**	**FIBER**	**PROT.**	**CARB.**	**SOD.**	**IRON**
ONION	1 med.	41	O	2g	1g	9.5g	3mg	0mg
PEAS	1 cup	117	O.5	7g	8g	21g	7mg	2mg
PEAS, CHICK	1 cup	728	12g	35g	38.5g	121g	48mg	12.5mg

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PEPPER, HOT CHILE	1/2 cup diced	30	O	1g	1.5g	7g	5mg	1mg
PEPPER, SWEET	1 med.	32	O	2g	1g	7.5g	2.4mg	0.5mg
POTATO	1 med.	96	O	2g	2.5g	22g	7mg	1mg
POTATO, SWEET	1 med.	136	O.5g	4g	2g	31.5g	17mg	1mg
RADISH	1 med.	1	O	0	0	0	1mg	0
SPINACH	1 bunch	75	1	9g	9.5g	12g	268.5mg	9mg
ITEM	**SERVING**	**CALOR.**	**FAT**	**FIBER**	**PROT.**	**CARB.**	**SOD.**	**IRON**
SQUASH,SUMMER	1 cup, sliced	22	O	2g	1.5g	5g	2.5mg	0.5mg
SQUASH, WINTER	1 cup, cubed	43	O	1.5g	1.5g	10g	4.5mg	0.5mg
SQUASH, ZUCCHINI	1 cup, sliced	15	O	1.5g	1.5g	3.5g	3.5mg	0.5mg
TOMATO	1 med.	26	O.5g	1.5g	1g	5.5g	11mg	0.5mg

Source: USDA - Nutrient Data Lab (Sept. 1996)
**All Data is based on raw vegetables - rounded to nearest 0.5*

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