



VEGETABLES

ASPARAGUS	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>boiled, drained</i>	100.00	g	22	2.4	4.1	224.00	0.22
	90.00	g	20	2.2	3.7	201.60	0.20
	0.50	c					
<i>frozen</i>	100.00	g	24	3.2	4.1	253.00	0.23
	87.00	g	21	2.8	3.6	220.11	0.20
	6.00	pcs					
<i>forzen, boiled, drained</i>	100.00	g	18	3.0	1.9	172.00	0.42
	90.00	g	16	2.7	1.7	154.80	0.38
	0.50	c					
<i>canned, drained</i>	100.00	g	19	2.1	2.5	172.00	0.65
	121.00	g	23	2.6	3.0	208.12	0.79
	0.50	c					
BEANS							
<i>green wax, raw</i>	100.00	g	31	1.8	7.0	211.00	
	82.50	g	26	1.5	5.8	174.08	
	0.75	c					
<i>green wax, frozen</i>	100.00	g	33	1.8	7.5	186.00	
	82.67	g	27	1.5	6.2	153.76	
	0.67	c					
<i>green wax, boiled, drained</i>	100.00	g	35	1.9	7.9	146.00	
	125.00	g	44	2.4	9.9	182.50	
	1.00	c					
<i>green wax, canned, drained</i>	100.00	g	21	1.1	4.2	96.00	
	135.00	g	28	1.4	5.7	129.60	
	1.00	c					
CARROTS							
<i>strips, slices</i>	100.00	g	41	0.9	9.6	320.00	
	122.00	g	50	1.1	11.7	390.40	
	1.00	c					
<i>grated</i>	100.00	g	41	0.9	9.6	320.00	
	82.50	g	34	0.8	7.9	264.00	
	0.75	c					
<i>sliced, boiled, drained, no salt</i>	100.00	g	35	0.8	8.2	235.00	
	78.00	g	27	0.6	6.4	183.30	
	0.50	c					
<i>frozen</i>	100.00	g	36	0.8	7.9	235.00	
	85.33	g	31	0.7	6.7	200.53	
	0.67	c					
<i>baby</i>	100.00	g	35	0.6	8.2	237.00	
	80.00	g	28	0.5	6.6	189.60	
	8.00	pcs					
<i>juice, canned</i>	100.00	g	40	1.0	9.3	292.00	
	236.00	g	94	2.2	21.9	689.12	
	8.00	fl oz					

TOMATO

	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>red, whole medium 2.6 in diameter</i>	100.00	g	18	0.9	3.9	237.00	
	123.00	g	22	1.1	4.8	291.51	
	1.00	pc					
<i>diced or chopped</i>	100.00	g	18	0.9	3.9	237.00	
	90.00	g	16	0.8	3.5	213.30	
	0.50	c					
<i>yellow, chopped</i>	100.00	g	15	1.0	3.0	258.00	
	92.67	g	14	0.9	2.8	239.08	
	0.67	c					
<i>orange, chopped</i>	100.00	g	16	1.2	3.2	212.00	
	79.00	g	13	0.9	2.5	167.48	
	0.50	c					
<i>green</i>	100.00	g	23	1.2	5.1	204.00	
	90.00	g	21	1.1	4.6	183.60	
	0.50	c					
<i>whole, canned</i>	100.00	g	16	0.8	3.5	191.00	
	240.00	g	38	1.9	8.3	458.40	
	1.00	c					
<i>sauce, canned, no salt</i>	100.00	g	24	1.2	5.3	297.00	
	244.00	g	59	2.9	13.0	724.68	
	1.00	c					
<i>crushed, canned</i>	100.00	g	32	1.6	7.3	293.00	
	56.70	g	18	0.9	4.1	166.13	
	2.00	oz					
<i>paste, canned</i>	100.00	g	82	4.3	18.9	1,014.00	
	32.80	g	27	1.4	6.2	332.59	
	2.00	tbsp					
<i>puree, canned, no salt</i>	100.00	g	38	1.7	9.0	439.00	
	250.00	g	95	4.1	22.5	1,097.50	
	1.00	c					
<i>sun dried, in oil, drained</i>	100.00	g	213	5.1	23.3	1,565.00	
	27.50	g	59	1.4	6.4	430.38	
	0.25	c					
<i>Ketchup, low sodium</i>	100.00	g	101	1.0	27.4	281.00	
	15.00	g	15	0.2	4.1	42.15	
	1.00	tbsp					
<i>juice, canned</i>	100.00	g	17	0.9	3.5	217.00	
	243.00	g	41	2.1	8.6	527.31	
	8.00	fl oz					
<i>cherry, sweet, raw</i>	100.00	g	63	1.1	16.0	222.00	
	138.00	g	87	1.5	22.1	306.00	
	1.00	c					

PEPPER	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>bell, sweet yellow, 3 in diameter</i>	100.00	g	27	1.0	6.3	212.00	
	186.00	g	50	1.9	11.8	394.32	
	1.00	pc					
<i>bell, sweet green, chopped</i>	100.00	g	20	0.9	4.6	175.00	
	74.50	g	15	0.6	3.5	130.38	
	0.50	c					
<i>bell, sweet green, sauteed</i>	100.00	g	116	0.8	4.2	134.00	
<i>bell, sweet red, chopped</i>	100.00	g	26	1.0	6.0	211.00	
	74.50	g	19	0.7	4.5	157.20	
	0.50	c					
<i>bell, sweet red, sauteed</i>	100.00	g	133	1.0	6.6	193.00	
<i>bell, sweet red, chopped, frozen, drained, boiled, no salt added</i>	100.00	g	16	1.0	3.3	72.00	
	85.05	g	14	0.8	2.8	61.24	
	3.00	oz					
<i>jalapeno, sliced</i>	100.00	g	29	0.9	6.5	248.00	
	22.50	g	7	0.2	1.5	55.80	
	0.13	c					
<i>serrano, chopped</i>	100.00	g	32	1.7	6.7	305.00	
	26.25	g	8	0.5	1.8	80.06	
	0.25	c					
<i>black, ground</i>	100.00	g	251	10.4	64.0	1,329.00	
	2.10	g	5	0.2	1.3	27.91	
	1.00	tsp					
<i>white, ground</i>	100.00	g	296	10.4	68.6	73.00	
	2.40	g	7	0.3	1.7	1.75	
	1.00	tsp					
<i>hot chilli, red</i>	100.00	g	40	1.9	8.8	322.00	
	45.00	g	18	0.8	4.0	144.90	
	1.00	pc					

CABBAGE	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>green, chopped</i>	100.00	g	25	1.3	5.8	170.00	
	89.00	g	22	1.1	5.2	151.30	
	1.00	c					
<i>green shredded, sliced</i>	100.00	g	25	1.3	5.8	170.00	
	87.50	g	22	1.1	5.1	148.75	
	1.25	c					
<i>green, shredded, boiled, drained, no salt added</i>	100.00	g	23	1.3	5.5	196.00	
	75.00	g	17	1.0	4.1	147.00	
	0.50	c					
<i>chinese, shredded, raw</i>	100.00	g					
	76.00	g	12	0.9		181.00	
	1.00	c					
<i>chinese, cooked, no salt</i>	100.00	g					
	75.00	g	17	1.0		147.00	
	0.50	c					
<i>red, shredded</i>	100.00	g	31	1.4	7.4	243.00	
	87.50	g	27	1.3	6.5	212.63	
	1.25	c					
<i>red, shredded, boiled, drained, no salt added</i>	100.00	g	29	1.5	6.9	262.00	
	75.00	g	27	1.1	5.2	196.50	
	0.50	c					
<i>Bok Choy or White Mustard, shredded</i>	100.00	g	13	1.5	2.2	252.00	
	87.50	g	11	1.3	1.9	220.50	
	1.25	c					
<i>Bok Choy/ Pak Choi, shredded, boiled, drained</i>	100.00	g	12	1.6	1.8	371.00	
	85.00	g	10	1.3	1.5	315.35	
	0.50	c					
<i>Kimchi</i>	100.00	g	15	1.1	2.4	151.00	
	150.00	g	23	1.7	3.6	226.50	
	1.00	c					

MUSH ROOM	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>Shitake, raw</i>	100.00	g	34	2.2	6.8	304.00	
	19.00	g	6	0.4	1.3	57.76	
	1.00	pc					
<i>Shitake, dried</i>	100.00	g	296	9.6	75.4	1,534.00	
	32.40	g	96	3.1	24.4	497.02	
	9.00	pcs					
<i>Shitake, cooked</i>	100.00	g	56	1.6	14.4	117.00	
	72.50	g	41	1.1	10.4	84.83	
	0.50	c					
<i>Shitake, stir fried</i>	100.00	g	39	3.5	7.7	326.00	
	108.00	g	42	3.7	8.3	352.08	
	1.00	c					
<i>Portabella/ Portabello</i>	100.00	g	22	2.1	3.9	364.00	
<i>Portabello, grilled</i>	100.00	g	29	3.3	4.4	437.00	
<i>White, raw</i>	100.00	g	22	3.0	3.3	318.00	
	96.00	g	21	3.0	3.1	305.28	
	1.00	c					
<i>white, sliced, stir-fried</i>	100.00	g	26	3.6	4.0	396.00	
	108.00	g	28	3.9	4.4	427.68	
	1.00	c					
LETTUCE							
<i>romaine, shredded</i>	100.00	g	17	1.2	3.3	8.00	30.00
	70.50	g	12	0.9	2.3	5.64	21.15
	1.50	c					
<i>butterhead, medium leaves</i>	100.00	g	13	1.4	2.2	5.00	33.00
	82.50	g	11	1.1	1.8	4.13	27.23
	11.00	pcs					
<i>Red Leaf, shredded</i>	100.00	g	13	1.3	2.3	25.00	28.00
	28.00	g	4	0.4	0.6	7.00	7.84
	1.00	c					
<i>Iceberg, shredded or chopped</i>	100.00	g	14	0.9	3.0	10.00	20.00
	108.00	g	15	1.0	3.2	10.80	21.60
	1.50	c					
<i>Iceberg, loose leaves, medium</i>	100.00	g	14	0.9	3.0	10.00	20.00
	80.00	g	11	0.7	2.4	8.00	16.00
	10.00	pcs					

CORN	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>white, sweet</i>	100.00	g	390	7.8	86.6	88.00	
	25.00	g	98	2.0	21.7	22.00	
	1.00	c					
<i>white, steamed (Navajo)</i>	100.00	g	386	9.7	75.2	532.00	
	85.05	g	328	8.3	64.0	452.47	
	3.00	oz					
<i>white, stew, steamed (Navajo)</i>	100.00	g	112	8.8	10.8	177.00	
	85.05	g	95	7.5	9.2	150.54	
	3.00	oz					
<i>sweet, boiled, drained</i>	100.00	g	94	3.1	22.3	251.00	0.74
	82.00	g	77	2.6	18.3	205.82	0.61
	0.50	c					
<i>flour, white, whole grain</i>	100.00	g	361	6.9	76.9	315.00	3.86
	29.25	g	106	2.0	22.5	92.14	1.13
	0.25	c					
<i>yellow, sweet, boiled, drained</i>	100.00	g	96	3.4	21.0	218.00	1.50
	82.00	g	79	2.8	17.2	178.76	1.23
	0.50	c					
<i>yellow, sweet, on the cob</i>	100.00	g	86	3.3	18.7	270.00	1.35
	154.00	g	77	2.9	16.8	243.00	1.22
	1.00	c					
<i>yellow, sweet, creamed, canned</i>	100.00	g	72	1.7	18.1	134.00	0.42
	128.00	g	92	2.2	23.2	171.52	0.54
	0.50	c					
<i>yellow, sweet, kernels, frozen</i>	100.00	g	88	3.0	20.7	213.00	0.78
	82.00	g	72	2.5	17.0	174.66	0.64
	0.50	c					
<i>yellow, sweet, canned with liquid</i>	100.00	g	61	2.0	13.9	136.00	0.77
	128.00	g	78	2.5	17.7	174.08	0.99
	0.50	c					
<i>tortilla, no salt added</i>	100.00	g	222	5.7	46.6	154.00	2.50
	26.00	g	58	1.5	12.1	40.04	0.65
	1.00	pc					

BROCCOLI	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>florets, raw</i>	100.00	g	28	3.0	5.1	325.00	0.35
	71.00	g	20	2.1	3.6	230.75	0.25
	1.00	c					
<i>Cooked, no salt</i>	100.00	g	35	2.4	7.2	293.00	0.41
	78.00	g	27	1.9	5.6	228.54	0.32
	0.50	c					
<i>frozen, spears</i>	100.00	g	29	3.1	5.4	250.00	0.34
	85.05	g	25	2.6	4.6	212.62	0.29
	3.00	oz					
CAULIFLOWER							
<i>green, raw</i>	100.00	g	31	3.0	6.1	300.00	0.30
	64.00	g	20	1.9	3.9	192.00	0.19
	1.00	c					
<i>cooked, no salt</i>	100.00	g	32	3.0	6.3	278.00	0.31
	62.00	g	20	1.9	3.9	172.36	0.19
	0.50	c					
CUCUMBER							
<i>sliced, raw</i>	100.00	g	15	0.7	3.6	147.00	0.11
	52.00	g	8	0.3	1.9	76.44	0.06
	0.50	c					
<i>sliced</i>	100.00	g	15	0.7	3.6	147.00	0.11
	78.00	g	12	0.5	2.8	114.66	0.09
	0.75	c					
BEETS							
<i>raw</i>	100.00	g	43	1.6	9.6	325.00	0.17
	90.67	g	39	1.5	8.7	294.67	0.15
	0.67	c					
<i>whole or sliced, boiled, drained, no salt</i>	100.00	g	44	1.7	10.0	305.00	0.18
<i>whole, canned</i>	100.00	g	30	0.7	7.1	159.00	0.09
	246.00	g	74	1.8	17.6	391.14	0.22
	1.00	c					
<i>sliced, canned, drained</i>	100.00	g	31	0.9	7.2	148.00	0.14
	85.00	g	26	0.8	6.1	125.80	0.12
	0.50	c					

PEAS	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>green</i>	100.00	g	81	5.4	14.5	244.00	0.40
	72.50	g	59	3.9	10.5	176.90	0.29
	0.50	c					
<i>green, frozen</i>	100.00	g	77	5.2	13.6	153.00	0.40
	72.00	g	55	3.8	9.8	110.16	0.29
	0.50	c					
<i>green, boiled, drained</i>	100.00	g	84	5.4	15.6	271.00	0.22
	80.00	g	67	4.3	12.5	216.80	0.18
	0.50	c					
<i>green, canned, drained</i>	100.00	g	68	4.5	11.4	106.00	0.80
	87.50	g	60	3.9	9.9	92.75	0.70
	0.50	c					
<i>green, frozen, boiled, drained</i>	100.00	g	78	5.2	14.3	110.00	0.27
	80.00	g	62	4.1	11.4	88.00	0.22
	0.50	c					
<i>split, boiled, no salt added</i>	100.00	g	118	8.3	21.1	362.00	0.39
	98.00	g	116	8.2	21.0	354.76	0.38
	0.50	c					
<i>sugar or snow peas, whole fresh</i>	100.00	g	42	2.8	7.6	200.00	0.20
	78.75	g	33	2.2	6.0	157.50	0.16
	1.25	c					
<i>snow/sugar, frozen</i>	100.00	g	42	2.8	7.6	200.00	0.20
	78.75	g	33	2.2	6.0	157.50	0.16
	1.25	c					
<i>snow/sugar, boiled, drained</i>	100.00	g	42	3.3	7.1	240.00	0.23
	80.00	g	34	2.6	5.6	192.00	0.18
	0.50	c					
<i>snow/sugar, frozen, boiled, drained</i>	100.00	g	52	3.5	9.0	217.00	0.38
	80.00	g	42	2.8	7.2	173.60	0.30
	0.50	c					

POTATOES	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>russet, flesh and skin</i>	100.00	g	79	2.1	18.1	417.00	0.08
<i>russet, flesh and skin, baked</i>	100.00	g	95	2.6	21.4	550.00	0.13
	173.00	g	164	4.6	37.1	951.50	0.22
	1.00	pc					
<i>white, flesh and skin</i>	100.00	g	69	1.7	15.7	407.00	0.10
<i>white, flesh and skin, baked</i>	100.00	g	92	2.1	21.1	544.00	0.15
	173.00	g	159	3.6	36.5	941.12	0.26
	1.00	pcs					
<i>french fries, frozen</i>	100.00	g	147	2.2	24.8	408.00	4.66
	71.50	g	105	1.6	17.7	291.72	3.33
	11.00	pcs					
<i>sweet, cubed</i>	100.00	g	86	1.6	20.1	337.00	0.05
	99.75	g	86	1.6	20.1	336.16	0.05
	0.75	c					
<i>sweet, boiled, mashed</i>	100.00	g	76	1.4	17.7	230.00	0.14
	328.00	g	249	4.5	58.1	754.40	0.46
	1.00	c					
<i>sweet, frozen, baked</i>	100.00	g	100	1.7	23.4	377.00	0.12
	117.33	g	117	2.0	27.5	442.35	0.14
	0.67	c					
<i>sweet, baked, peeled</i>	100.00	g	90	2.0	20.7	475.00	0.15
	0.50	c					
<i>chips, unsalted</i>	100.00	g	536	7.0	52.9	1,275.00	34.60
	28.35	g	152	2.0	15.0	361.46	9.81
	1.00	oz					
<i>hash browns, frozen</i>	100.00	g	82	2.1	17.7	285.00	0.62
	70.00	g	57	1.4	12.4	199.50	0.43
	0.33	c					
<i>wedges, frozen</i>	100.00	g	129	2.7	25.5	394.00	2.20

ARTI- CHOKES	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>whole, boiled, drained</i>	100.00	g	53	2.9	12.0	286.00	0.34
<i>med size</i>	120.00	g	64	3.5	14.3	343.20	0.41
	1.00	pc					
<i>hearts, boiled, drained</i>	100.00	g	53	2.9	11.9	286.00	0.34
	84.00	g	45	2.4	10.0	240.24	0.29
	0.50	c					
<i>Globe or French, frozen</i>	100.00	g	45	3.1	9.2	264.00	0.50
<i>boiled, drained</i>	80.00	g	36	2.5	7.3	211.20	0.40
<i>1 svg= 1/3 of 9oz package</i>	1.00	svg					
ALFALFA							
<i>sprouts</i>	100.00	g	23	4.0	2.1	79.00	0.69
	33.00	g	8	1.3	0.7	26.07	0.23
	1.00	c					
CELERY							
<i>stalk</i>	100.00	g	14	0.7	3.0	260.00	0.17
<i>medium 7.5 - 8 in long</i>	80.00	g	11	0.6	2.4	208.00	0.14
	2.00	stalks					
<i>diced, chopped</i>	100.00	g	14	0.7	3.0	260.00	0.17
	101.00	g	14	0.7	3.0	262.60	0.17
	1.00	c					
<i>celeriac or celery root</i>	100.00	g	42	1.5	9.2	300.00	0.30
	78.00	g	33	1.2	7.2	234.00	0.23
	0.50	c					
<i>seeds</i>	100.00	g	392	18.1	41.4	1,400.00	25.27
	2.00	g	8	0.4	0.8	28.00	0.51
	1.00	tsp					
<i>flakes, dried</i>	100.00	g	319	11.3	68.7	4,388.00	2.10
	28.35	g	90	3.2	18.1	1,244.00	0.60
	1.00	oz					

COLLARDS	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)	
<i>chopped, raw</i>	100.00	g	32	3.0	5.4	213.00	0.61	
	90.00	g	29	2.7	4.9	191.70	0.55	
	2.50	c						
<i>boiled, drained</i>	100.00	g	33	2.7	5.7	117.00	0.72	
	95.00	g	31	2.6	5.4	111.15	0.68	
	0.50	c						
<i>frozen, chopped, raw</i>	100.00	g	33	2.7	6.5	253.00	0.37	
	85.05	g	28	2.3	5.5	215.17	0.31	
	3.00	oz						
<i>frozen, chopped, boiled/draind</i>	100.00	g	36	3.0	7.1	251.00	0.41	
	85.00	g	31	2.5	6.0	213.35	0.35	
	0.50	c						
EGGPLANT/AUBERGINE								
<i>boiled, drained, no salt</i>	100.00	g	35	0.8	8.7	123.00	0.23	
	99.00	g	35	0.8	8.6	121.77	0.23	
<i>cut in 1" cubes</i>	1.00	c						
	100.00	g	49	0.9	9.8	12.00	0.70	
	136	g	67	1.2	13.3	16.32	0.95	
<i>pickled</i>	1.00	c						
	JICAMA (YAMBEAN)							
	<i>raw</i>	100.00	g	38	0.7	8.8	150.00	0.09
86.67		g	33	0.6	7.6	130.00	0.08	
0.67		c						
<i>boiled, drained, no salt</i>	100.00	g	38	0.7	8.8	135.00	0.09	
	<i>1 svg= 3oz</i>	85.05	g	32	0.6	7.5	114.82	0.08
3.00		oz						

KALE	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>raw, chopped</i>	100.00	g	35	2.9	4.4	348.00	1.49
	83.75	g	29	2.5	3.7	291.45	1.25
	1.25	c					
<i>chopped, boiled, drained, no salt</i>	100.00	g	36	2.9	5.3	144.00	1.21
	65.00	g	23	1.9	3.5	93.60	0.79
	0.50	c					
<i>scotch, raw, chopped</i>	100.00	g	42	2.8	8.3	450.00	0.60
	83.75	g	35	2.4	7.0	376.88	0.50
	1.25	c					
<i>scotch, boiled, drained, chopped no salt</i>	100.00	g	28	1.9	5.6	274.00	0.41
	86.67	g	24	1.7	4.9	237.47	0.36
	0.67	c					
<i>frozen, raw 1 pack=10 oz/ 284g</i>	100.00	g	28	2.7	4.9	333.00	0.46
	85.05	g	24	2.3	4.2	283.21	0.39
	3.00	oz					
<i>frozen, chopped, boiled, drained, no salt</i>	100.00	g	36	2.9	5.3	144.00	1.21
	65.00	g	23	1.9	3.5	93.60	0.79
	0.50	c					
MUSTARD GREENS							
<i>raw, chopped</i>	100.00	g	27	2.9	4.7	384.00	0.42
	84.00	g	23	2.4	3.9	322.56	0.35
	1.50	c					
<i>boiled, drained, chopped, no salt</i>	100.00	g	26	2.6	4.5	162.00	0.47
	70.00	g	18	1.8	3.2	113.40	0.33
	0.50	c					
<i>frozen 1 pack=10oz/284g</i>	100.00	g	20	2.5	3.4	170.00	0.27
	73.00	g	15	1.8	2.5	124.10	0.20
	0.50	c					
<i>frozen, boiled, drained, no salt 1 pack = 10oz/ 212g</i>	100.00	g	19	2.3	3.1	139.00	0.25
	75.00	g	14	1.7	2.3	104.25	0.19
	0.50	c					

ARUGULA	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>raw, leaves</i>	100.00	g	25	2.6	3.7	369.00	0.66
	80.00	g	20	2.1	2.9	295.20	0.53
	4.00	c					
<i>salad mixed baby greens</i> <i>Arugula, butterhead, endives, Radicchio</i>	100.00	g	18	1.5	3.3	298.76	0.27
	41.25	g	7	0.6	1.4	123.24	0.11
	1.00	c					
ENDIVE OR ESCAROLE							
<i>raw, chopped</i>	100.00	g	17	1.3	3.4	314.00	0.20
	87.50	g	15	1.1	2.9	274.75	0.18
	1.75	c					
<i>Chicory, Witlof or Belgium</i>	100.00	g	17	0.9	4.0	211.00	0.10
	90.00	g	15	0.8	3.6	189.90	0.09
	1.00	c					
OKRA							
<i>raw</i>	100.00	g	33	1.9	7.5	299.00	0.19
	75.00	g	25	1.5	5.6	224.25	0.14
	0.75	c					
<i>sliced, boiled, drained, n.s.</i>	100.00	g	22	1.9	4.5	135.00	0.21
	80.00	g	18	1.5	3.6	108.00	0.17
	0.50	c					
<i>frozen</i>	100.00	g	30	1.7	6.6	211.00	0.25
	85.05	g	26	1.4	5.6	179.45	0.21
	3.00	oz					
<i>frozen, boiled, drained, no salt sliced</i>	100.00	g	29	1.6	6.4	184.00	0.24
	92.00	g	27	1.5	5.9	169.28	0.22
	0.50	c					
PUMPKIN							
<i>fruit/meat, raw, cut 1" cube</i>	100.00	g	26	1.0	6.5	340.00	0.10
	116.00	g	30	1.2	7.5	394.40	0.12
	1.00	c					
<i>boiled, drained, mashed, n.s.</i>	100.00	g	20	0.7	4.9	230.00	0.07
	122.50	g	25	0.9	6.0	281.75	0.09
	0.50	c					
<i>flowers</i>	100.00	g	15	0.0	3.3	173.00	0.07
	33.00	g	1	0.0	0.1	6.92	0.00
	1.00	c					
<i>flowers, boiled, drained</i>	100.00	g	15	1.1	3.3	106.00	0.08
	89.33	g	13	1.0	3.0	5.36	0.07
	0.67	c					
<i>seeds (squash kernels), dried</i>	100.00	g	559	30.2	10.7	809.00	49.05
	34.50	g	193	10.4	3.7	279.11	16.92
	0.25	c					
<i>seeds (pumpkin/squash), whole, roasted no salt added</i>	100.00	g	446	18.6	53.8	919.00	19.40
	32.00	g	143	5.9	17.2	294.08	6.21
	0.50	c					

SQUASH	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>winter, all varieties cubes</i>	100.00	g	34	1.0	8.6	350.00	0.13
	116.00	g	39	1.1	10.0	406.00	0.15
	1.00	c					
<i>butternut cubes</i>	100.00	g	45	1.0	11.7	352.00	0.10
	140.00	g	63	1.4	16.4	492.80	0.14
	1.00	c					
<i>winter, butternut, frozen</i>	100.00	g	57	1.8	14.4	212.00	0.10
	85.05	g	48	1.5	12.3	180.30	0.09
	3.00	oz					
<i>summer, all varieties sliced</i>	100.00	g	16	1.2	3.4	262.00	0.18
	84.75	g	14	1.0	2.8	222.05	0.15
	0.75	c					
KOHLRABI							
<i>raw</i>	100.00	g	27	1.7	6.2	350.00	0.10
	135.00	g	36	2.3	8.4	472.50	0.14
	1.00	c					
<i>boiled, drained, sliced</i>	100.00	g	29	1.8	6.7	340.00	0.11
	165.00	g	48	3.0	11.0	561.00	0.18
	1.00	c					
LEEKS							
<i>raw</i>	100.00	g	61	1.5	14.2	180.00	0.30
	89.00	g	54	1.3	12.6	160.20	0.27
	1.00	c					
<i>boiled, drained, chopped or diced</i>	100.00	g	31	0.8	7.6	87.00	0.20
	26.00	g	8	0.2	2.0	22.62	0.05
	0.25	c					
CASSAVA/YUCCA/MANIOC							
<i>raw</i>	100.00	g	160	1.4	38.1	271.00	0.28
	103.00	g	165	1.4	39.2	279.13	0.29
	0.50	c					
RADISH							
<i>oriental (Daikon), 7" long</i>	100.00	g	18	0.6	4.1	227.00	0.10
	338.00	g	61	2.0	13.9	767.26	0.34
	1.00	pc					
<i>oriental, boiled, drained, no salt sliced</i>	100.00	g	17	0.7	3.4	285.00	0.24
	73.50	g	13	0.5	2.5	209.48	0.18
	0.50	c					
<i>sprouts</i>	100.00	g	43	3.8	3.6	86.00	2.53
	38.00	g	16	1.5	1.4	32.68	0.96
	1.00	c					

SWISS CHARD	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>raw</i>	100.00	g	19	1.8	3.7	379.00	0.20
	36.00	g	7	0.7	1.4	136.44	0.07
	1.00	c					
<i>boiled, drained, no salt</i>	100.00	g	20	1.9	4.1	549.00	0.08
	175.00	g	35	3.3	7.2	960.75	0.14
	1.00	c					
SPINACH							
<i>raw, chopped</i>	100.00	g	23	2.9	3.6	558.00	0.39
	90.00	g	21	2.6	3.3	502.20	0.35
	3.00	c					
<i>frozen</i>	100.00	g	29	3.6	4.2	346.00	0.57
	78.00	g	23	2.8	3.3	269.88	0.44
	0.50	c					
<i>chopped, boiled, drained, no salt</i>	100.00	g	23	3.0	3.8	466.00	0.26
	90.00	g	21	2.7	3.4	419.40	0.23
	0.50	c					
<i>mustard (Tendergreens)</i>	100.00	g	22	2.2	3.9	449.00	0.30
	150.00	g	33	3.3	5.9	673.50	0.45
	1.00	c					
<i>mustard, boiled, drained, no salt</i>	100.00	g	16	1.7	2.8	285.00	0.20
	180.00	g	29	3.1	5.0	513.00	0.36
	1.00	c					
TOMATILLOS							
<i>chopped</i>	100.00	g	32	1.0	5.8	268.00	1.02
	132.00	g	42	1.3	7.7	353.76	1.35
	1.00	c					
TURNIPS							
<i>raw</i>	100.00	g	28	0.9	6.4	191.00	0.10
	130.00	g	34	1.1	7.8	233.02	0.12
	1.00	c					
<i>frozen</i>	100.00	g	16	1.0	2.9	137.00	0.16
	85.05	g	14	0.9	2.5	116.52	0.14
	3.00	oz					
<i>cubed, boiled, drained, no salt</i>	100.00	g	22	0.7	5.1	177.00	0.08
	156.00	g	34	1.1	7.9	276.12	0.12
	1.00	c					
<i>frozen, boiled, drained, no salt</i>	100.00	g	23	1.5	4.4	182.00	0.24
	78.00	g	18	1.2	3.4	141.96	0.19
	0.50	c					

TURNIP GREENS	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>raw, turnip greens, chopped</i>	100.00	g	32	1.5	7.1	296.00	0.30
	82.50	g	26	1.2	5.9	244.20	0.25
	1.50	c					
<i>frozen</i>	100.00	g	22	2.5	3.7	184.00	0.31
	82.00	g	18	2.0	3.0	150.88	0.25
	0.50	c					
<i>canned</i>	100.00	g	14	1.4	2.4	141.00	0.30
	78.00	g	11	1.1	1.9	109.98	0.23
	0.33	c					
<i>chopped, boiled, drained, no salt</i>	100.00	g	20	1.1	4.4	203.00	0.23
	144.00	g	29	1.6	6.3	292.32	0.33
	1.00	c					
<i>canned, with no salt</i>	100.00	g	19	1.4	2.8	141.00	0.30
	144.00	g	27	2.0	4.1	203.04	0.43
	1.00	c					
<i>frozen, chopped, boiled, drained, no salt added</i>	100.00	g	29	3.4	5.0	224.00	0.42
	164.00	g	48	5.5	8.2	367.36	0.69
	1.00	c					
RUTABAGA							
<i>raw, cubes</i>	100.00	g	37	1.1	8.6	305.00	0.16
	93.33	g	35	1.0	8.1	284.67	0.15
	0.67	c					
<i>boiled, drained, no salt cubed</i>	100.00	g	30	0.9	6.8	216.00	0.18
	170.00	g	51	1.6	11.6	367.20	0.31
	1.00	c					
<i>boiled, drained, mashed</i>	100.00	g	30	0.9	6.8	216.00	0.18
	160.80	g	48	1.5	11.0	347.33	0.29
	0.67	c					
PARSNIPS							
<i>raw, sliced</i>	100.00	g	75	1.2	18.0	375.00	0.30
	88.67	g	67	1.1	16.0	332.50	0.27
	0.67	c					
<i>boiled, drained, sliced, no salt</i>	100.00	g	71	1.3	17.0	367.00	0.30
	78.00	g	55	1.0	13.3	286.26	0.23
	0.50	c					

WATER CHESTNUTS	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>fresh, raw, Chinese (Matai) slices</i>	100.00	g	97	1.4	23.9	584.00	0.10
	62.00	g	60	0.9	14.8	362.08	0.06
	0.50	c					
<i>canned with liquid Chinese (Matai)</i>	100.00	g	50	0.9	12.3	118.00	0.06
	70.00	g	35	0.6	8.6	82.60	0.04
	0.50	c					
WATERCRESS							
<i>raw, chopped</i>	100.00	g	11	2.3	1.3	330.00	0.10
	34.00	g	4	0.8	0.4	112.20	0.03
	1.00	c					
YAM							
<i>raw, in cubes</i>	100.00	g	118	1.5	28.0	816.00	0.17
	112.50	g	133	1.7	31.4	918.00	0.19
	0.75	c					
<i>baked or broiled, drained, no salt cubed</i>	100.00	g	116	1.5	27.5	670.00	0.14
	68.00	g	79	1.0	18.7	455.60	0.10
	0.50	c					
<i>Hawaiin Mountain, raw cubed</i>	100.00	g	67	1.3	16.3	418.00	0.10
	68.00	g	46	0.9	11.1	284.24	0.07
	0.50	c					
<i>Hawaiian Mountain, steamed cubed</i>	100.00	g	82	1.7	20.0	495.00	0.08
	145.00	g	119	2.5	29.0	717.75	0.12
	1.00	c					
MIXED VEGETABLES							
<i>frozen</i>	100.00	g	72	3.3	13.5	212.00	0.52
	72.00	g	52	2.4	9.7	152.64	0.37
	0.50	c					
<i>frozen, boiled, drained, no salt added</i>	100.00	g	65	2.9	13.1	169.00	0.15
	91.00	g	59	2.6	11.9	153.79	0.14
	0.50	c					
<i>canned, drained</i>	100.00	g	49	2.6	9.3	291.00	0.25
	163.00	g	80	4.2	15.1	474.33	0.41
	1.00	c					
BRUSSEL SPROUTS							
<i>raw</i>	100.00	g	43	33.4	9.0	389.00	0.30
	88.00	g	38	3.0	7.9	342.00	0.26
	1.00	c					