

NUTRITIONAL CHART FOR VEGGIES

	calories	fat(g)	protein(g)	carbs(g)	fiber(g)	sugar(g)	sodium(mg)
Artichoke (1 medium; 128g)	60	0.2	4.2	13	7	1.3	120
Arugula (1 cup; 20g)	6	0.2	0.6	0.8	0.4	0.4	6
Asparagus (1 cup; 134g)	27	0.2	2.9	5	2.8	2.5	3
Beets (1 cup; 136g)	59	0.2	2.2	13	3.8	9	106
Bok Choy (1 cup shredded; 70g)	9	0.1	1.1	1.5	0.7	0.8	46
Broccoli (1 cup chopped; 91g)	31	0.3	2.6	6	2.4	1.5	30
Brussel Sprouts (1 cup; 88g)	38	0.3	3	8	3.3	1.9	22
Cabbage (1 cup shredded; 70g)	17	0.1	0.9	4.1	1.8	2.2	13
Carrots (1 cup chopped; 128g)	53	0.3	1.2	12	3.6	6	88
Cauliflower (1 cup chopped; 107g)	27	0.3	2.1	5	2.1	2	32
Celery (1 cup chopped; 101g)	16	0.2	0.7	3	1.6	18	81
Chard (1 cup; 36g)	7	0.1	0.6	1.3	0.6	0.4	77
Collard Greens (1 cup chopped; 36g)	11	0.2	1.1	2	1.4	0.2	6
Corn (1 cup; 149g)	143	2.2	5.1	31.3	3.6	6.8	29
Cucumber (1 cup slices; 104g)	16	0.2	0.6	3.8	0.6	1.8	2
Eggplant (1 cup cubes; 82g)	20	0.1	0.8	4.8	2.5	2.9	2
Endive (1 cup chopped; 50g)	8	0.2	0.6	0.6	1.6	0.2	12
Fennel (1 cup sliced; 87g)	27	0.2	1.1	6	2.7	0	45
Green Beans (1 cup; 200g)	62	0.2	3.6	14	6.8	0	12
Kale (1 cup chopped; 67g)	33	0.6	2.9	6	1	0	25
Leek (half cup; 45g)	27	0.1	0.5	6.5	0.8	1.8	9
Lettuce (1 cup shredded; 36g)	5	0.1	0.5	1	0.5	0.3	10
Mushrooms (1 cup slices; 70g)	16	0.2	2.2	2.3	0.7	1.4	4
Mustard Greens (1 cup chopped; 56g)	15	0.2	1.6	2.6	1.8	0.7	11
Okra (1 cup; 100g)	33	0.2	1.9	7	3.2	1.5	7
Onions (1 cup sliced; 115g)	46	0.1	1.3	11	2	4.9	5
Parsnips (1 cup sliced; 133g)	100	0.4	1.6	24	7	6	13
Peas (1 cup; 145g)	118	0.6	8	21	7	8	7
Peppers (1 cup chopped; 149g)	30	0.3	1.3	7	2.5	3.6	4
Radicchio (1 cup shredded; 40g)	9	0.1	0.6	1.8	0.4	0.2	9
Rhubarb (1 cup diced; 122g)	26	0.2	1.1	6	2.2	1.3	5
Spinach (2 cups; 60g)	14	0.2	1.8	2.2	1.4	0.2	48
Sprouts (1 cup; 33g)	8	0.2	1.3	0.7	0.6	0.1	2
Turnip (1 cup cubed; 130g)	36	0.1	1.2	8	2.3	4.9	87
Watercress (1 cup chopped; 34g)	4	0	0.8	0.4	0.2	0.1	14
Zucchini (1 medium; 196g)	33	0.6	2.4	6	2	4.9	16

veggies

artichoke

Artichokes are a good source of folate, dietary fiber, and vitamins C and K. They're also packed with antioxidants; they're number 7 on the USDA's top 20 antioxidant-rich foods list.

arugula

Consuming 2 cups of arugula will provide 20% of vitamin A, over 50% of vitamin K and 8% of your vitamin C, folate and calcium needs for the day.

asparagus

High in vitamin K and folate, asparagus is extremely well balanced, even among nutrient-rich vegetables. Asparagus is high in anti-inflammatory nutrients as well as provides a wide variety of antioxidant nutrients, including vitamin C, beta-carotene, vitamin E, and the minerals zinc, manganese and selenium.

beets

Beets are high in immune-boosting vitamin C, fiber, and essential minerals like potassium (essential for healthy nerve and muscle function) and manganese (which is good for your bones, liver, kidneys, and pancreas). Beets also contain the B vitamin folate, which helps reduce the risk of birth defects.

bok choy

One cup of Bok Choy has just 9 calories and barely a trace of fat, yet delivers protein, dietary fiber and almost all the essential vitamins and minerals.

broccoli

Broccoli is a great source of vitamins K and C, a good source of folate (folic acid) and also provides potassium, fiber. Vitamin C – builds collagen, which forms body tissue and bone, and helps cuts and wounds heal. Vitamin C is a powerful antioxidant and protects the body from damaging free radicals.

brussel sprouts

Brussels sprouts are rich in many valuable nutrients. They are an excellent source of vitamin C and vitamin K. They are a very good source of numerous nutrients including folate, manganese, vitamin B6, dietary fiber, choline, copper, vitamin B1, potassium, phosphorus, and omega-3 fatty acids.

cabbage

The health benefits of cabbage include frequent use as a treatment for constipation, stomach ulcers, headaches, obesity, skin disorders, eczema, jaundice, scurvy, rheumatism, arthritis, gout, eye disorders, heart diseases, aging, and Alzheimer's disease.

carrots

Most of the benefits of carrots can be attributed to their beta carotene and fiber content. This root vegetable is also a good source of antioxidant agents. Furthermore, carrots are rich in vitamin A, Vitamin C, Vitamin K, vitamin B8, pantothenic acid, folate, potassium, iron, copper, and manganese.

cauliflower

one serving of cauliflower contains 77 percent of the recommended daily value of vitamin C. It's also a good source of vitamin K, protein, thiamin, riboflavin, niacin, magnesium, phosphorus, fiber, vitamin B6, folate, pantothenic acid, potassium, and manganese

celery

Celery is very rich in vitamin K and also contains folate, vitamin A, potassium, and vitamin C. Dietary fiber - despite being mainly water, celery also provides a fair amount of dietary fiber. The vegetable contains 1.6 grams of fiber per 100 grams.

chard

Chard provides antioxidant benefits, anti-inflammatory benefits, or both. In addition, many provide health benefits that are more specific and of special important to particular body systems. Best researched in this area are phytonutrient benefits provided by chard for our body's blood sugar-regulating system.

collard greens

One of the most amazing things about collard greens is that they can actually lower your cholesterol when you eat them – more than any other crucifer, which beats out kale, mustard greens, broccoli, and Brussels sprouts. The key is its ability to bind to bile acids in the digestive system, which makes it easier for them to exit the body.

radicchio

Radicchio has high amounts of antioxidants and plant phytonutrients. It is low in calories and is free of fats and cholesterol. Radicchio is a good source of selenium, phosphorus, potassium, calcium, B-vitamins, vitamin A, vitamin C, vitamin K, vitamin E and folate.

rhubarb

Rhubarb is packed with minerals, vitamins, organic compounds, and other nutrients that make it ideal for keeping our bodies healthy. Some of these precious components are dietary fiber, protein, vitamin C, vitamin K, B complex vitamins, calcium, potassium, manganese, and magnesium.

spinach

Low in fat and even lower in cholesterol, spinach is high in niacin and zinc, as well as protein, fiber, vitamins A, C, E and K, thiamin, vitamin B6, folate, calcium, iron, magnesium, phosphorus, potassium, copper, and manganese.

sprouts

Sprouts contain a significant amount of protein and dietary fiber, as well as vitamin K, folate, pantothenic acid, niacin, thiamin, vitamin C, vitamin A, and riboflavin. In terms of minerals, sprouts contain manganese, copper, zinc, magnesium, iron, and calcium.

squash

Winter squash is an excellent source of immune-supportive vitamin A (in its pre-vitamin carotenoid forms) and free radical-scavenging vitamin C. It is also a very good source of vitamin C, dietary fiber, vitamin B6, manganese, and copper as well as a good source of potassium, vitamin B2, folate & vitamin K.

turnip greens

Turnip greens nutrition is most researched in regards to its ability to fight inflammation, which can lead to the development of such chronic diseases as heart disease and cancer.

watercress

The health benefits of watercress are providing nutrition, boosting immunity, cancer preventive, and thyroid support. These health benefits begin with a single serving of watercress as a dietary supplement. Watercress is a cruciferous plant grown for centuries as a mineral rich green leafy vegetable.

zucchini

As an outstanding source of manganese and vitamin C, zucchini is the best source of dietary fiber that will keep your body in the best shape for the long run. It also contains vitamin A, magnesium, folate, potassium, copper, and phosphorus.