

Facts for 100g of Asparagus, frozen, cooked, boiled, drained, w...

Energy	18 kcal
Protein	3 g
Total Carbohydrates	1.9 g
Total Sugars	0.3 g
Total Fat	0.4 g
Saturated Fat	0.1 g
Polyunsaturated Fat	0.2 g
Monounsaturated Fat	0 g
Dietary Fiber	1.6 g
Cholesterol	0 mg
Sodium	240 mg

Facts for 100g of Broccoli, cooked, boiled, drained, without sa...

Energy	35 kcal
Protein	2.4 g
Total Carbohydrates	7.2 g
Total Sugars	1.4 g
Total Fat	0.4 g
Saturated Fat	0.1 g
Polyunsaturated Fat	0.2 g
Monounsaturated Fat	0 g
Dietary Fiber	3.3 g
Cholesterol	0 mg
Sodium	41 mg

Facts for 100g of Beans, snap, green, frozen, all styles, unpre...

Energy	33 kcal
Protein	1.8 g
Total Carbohydrates	7.6 g
Total Sugars	0 g
Total Fat	0.2 g
Saturated Fat	0 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0 g
Dietary Fiber	2.8 g
Cholesterol	0 mg
Sodium	3 mg

Facts for 100g of Brussels sprouts, cooked, boiled, drained, wi...

Energy	36 kcal
Protein	2.6 g
Total Carbohydrates	7.1 g
Total Sugars	1.7 g
Total Fat	0.5 g
Saturated Fat	0.1 g
Polyunsaturated Fat	0.3 g
Monounsaturated Fat	0 g
Dietary Fiber	2.6 g
Cholesterol	0 mg
Sodium	21 mg

Nutrition Facts for 100g of Beets, canned, drained solids

Energy	31 kcal
Protein	0.9 g
Total Carbohydrates	7.2 g
Total Sugars	5.5 g
Total Fat	0.1 g
Saturated Fat	0 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0 g
Dietary Fiber	1.7 g
Cholesterol	0 mg
Sodium	194 mg

Facts for 100g of Cabbage, cooked, boiled, drained, without sal...

Energy	22 kcal
Protein	1 g
Total Carbohydrates	4.5 g
Total Sugars	2.9 g
Total Fat	0.4 g
Saturated Fat	0.1 g
Polyunsaturated Fat	0.2 g
Monounsaturated Fat	0 g
Dietary Fiber	1.9 g
Cholesterol	0 mg
Sodium	8 mg

Nutrition Facts for 100g of Carrots, baby, raw

Energy	35 kcal
Protein	0.6 g
Total Carbohydrates	8.2 g
Total Sugars	4.8 g
Total Fat	0.1 g
Saturated Fat	0 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0 g
Dietary Fiber	1.8 g
Cholesterol	0 mg
Sodium	78 mg

Facts for 100g of Cauliflower, green, cooked, no salt

Energy	32 kcal
Protein	3 g
Total Carbohydrates	6.3 g
Total Sugars	0 g
Total Fat	0.3 g
Saturated Fat	0 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0 g
Dietary Fiber	3.3 g
Cholesterol	0 mg
Sodium	23 mg

Nutrition Facts for 100g of Celery, raw

Energy	14 kcal
Protein	0.7 g
Total Carbohydrates	3 g
Total Sugars	1.8 g
Total Fat	0.2 g
Saturated Fat	0 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0 g
Dietary Fiber	1.6 g
Cholesterol	0 mg
Sodium	80 mg

Facts for 100g of Corn, sweet, yellow, canned, vacuum pack, reg...

Energy	79 kcal
Protein	2.4 g
Total Carbohydrates	19.4 g
Total Sugars	3.6 g
Total Fat	0.5 g
Saturated Fat	0.1 g
Polyunsaturated Fat	0.2 g
Monounsaturated Fat	0.1 g
Dietary Fiber	2 g
Cholesterol	0 mg
Sodium	272 mg

Nutrition Facts for 100g of Cucumber, with peel, raw

Energy	15 kcal
Protein	0.6 g
Total Carbohydrates	3.6 g
Total Sugars	1.7 g
Total Fat	0.1 g
Saturated Fat	0 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0 g
Dietary Fiber	0.5 g
Cholesterol	0 mg
Sodium	2 mg

Facts for 100g of Eggplant, cooked, boiled, drained, without sa...

Energy	35 kcal
Protein	0.8 g
Total Carbohydrates	8.7 g
Total Sugars	3.2 g
Total Fat	0.2 g
Saturated Fat	0 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0 g
Dietary Fiber	2.5 g
Cholesterol	0 mg
Sodium	1 mg

Facts for 100g of Lentils, sprouted, cooked, stir-fried, withou...

Energy	101 kcal
Protein	8.8 g
Total Carbohydrates	21.2 g
Total Sugars	0 g
Total Fat	0.4 g
Saturated Fat	0.1 g
Polyunsaturated Fat	0.2 g
Monounsaturated Fat	0.1 g
Dietary Fiber	0 g
Cholesterol	0 mg
Sodium	10 mg

Facts for 100g of Okra, cooked, boiled, drained, without salt

Energy	22 kcal
Protein	1.9 g
Total Carbohydrates	4.6 g
Total Sugars	2.4 g
Total Fat	0.2 g
Saturated Fat	0 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	0 g
Dietary Fiber	2.5 g
Cholesterol	0 mg
Sodium	6 mg

Nutrition Facts for 100g of Lettuce, green leaf, raw

Energy	15 kcal
Protein	1.4 g
Total Carbohydrates	2.8 g
Total Sugars	0.8 g
Total Fat	0.2 g
Saturated Fat	0 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0 g
Dietary Fiber	1.3 g
Cholesterol	0 mg
Sodium	28 mg

Nutrition Facts for 100g of Onions, raw

Energy	42 kcal
Protein	0.9 g
Total Carbohydrates	10.1 g
Total Sugars	4.3 g
Total Fat	0.1 g
Saturated Fat	0 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0 g
Dietary Fiber	1.4 g
Cholesterol	0 mg
Sodium	3 mg

Facts for 100g of Lima beans, immature seeds, frozen, baby, coo...

Energy	105 kcal
Protein	6.6 g
Total Carbohydrates	19.4 g
Total Sugars	1.4 g
Total Fat	0.3 g
Saturated Fat	0.1 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0 g
Dietary Fiber	6 g
Cholesterol	0 mg
Sodium	29 mg

Facts for 100g of Peas, green, frozen, cooked, boiled, drained,...

Energy	78 kcal
Protein	5.2 g
Total Carbohydrates	14.3 g
Total Sugars	4.6 g
Total Fat	0.3 g
Saturated Fat	0 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0 g
Dietary Fiber	5.5 g
Cholesterol	0 mg
Sodium	72 mg

Nutrition Facts for 100g of Peppers, sweet, green, raw

Energy	20 kcal
Protein	0.9 g
Total Carbohydrates	4.6 g
Total Sugars	2.4 g
Total Fat	0.2 g
Saturated Fat	0.1 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0 g
Dietary Fiber	1.7 g
Cholesterol	0 mg
Sodium	3 mg

Nutrition Facts for 100g of Radishes, raw

Energy	16 kcal
Protein	0.7 g
Total Carbohydrates	3.4 g
Total Sugars	2.1 g
Total Fat	0.1 g
Saturated Fat	0 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	0 g
Dietary Fiber	1.6 g
Cholesterol	0 mg
Sodium	39 mg

Facts for 100g of Potatoes, baked, flesh and skin,

Energy	93 kcal
Protein	2.5 g
Total Carbohydrates	21.2 g
Total Sugars	1.2 g
Total Fat	0.1 g
Saturated Fat	0 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0 g
Dietary Fiber	2.2 g
Cholesterol	0 mg
Sodium	16 mg

Facts for 100g of Spinach, frozen, chopped or leaf, cooked, boiled...

Energy	32 kcal
Protein	4 g
Total Carbohydrates	5.2 g
Total Sugars	0.5 g
Total Fat	0.5 g
Saturated Fat	0.1 g
Polyunsaturated Fat	0.2 g
Monounsaturated Fat	0 g
Dietary Fiber	3.7 g
Cholesterol	0 mg
Sodium	97 mg

Facts for 100g of Potatoes, french fried, frozen, home-prepared...

Energy	200 kcal
Protein	2.5 g
Total Carbohydrates	21.2 g
Total Sugars	1.2 g
Total Fat	9.6 g
Saturated Fat	1.3 g
Polyunsaturated Fat	0.8 g
Monounsaturated Fat	6.8 g
Dietary Fiber	2.2 g
Cholesterol	0 mg
Sodium	266 mg

Facts for 100g of Squash, summer, all varieties, cooked, boiled...

Energy	20 kcal
Protein	0.9 g
Total Carbohydrates	4.3 g
Total Sugars	1.9 g
Total Fat	0.3 g
Saturated Fat	0.1 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0 g
Dietary Fiber	1.4 g
Cholesterol	0 mg
Sodium	237 mg

**Facts for 100g of Sweetpotato, cooked, baked in skin,
without s...**

Energy	90 kcal
Protein	2 g
Total Carbohydrates	20.7 g
Total Sugars	8.4 g
Total Fat	0.2 g
Saturated Fat	0 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0 g
Dietary Fiber	3.3 g
Cholesterol	0 mg
Sodium	36 mg

**Facts for 100g of Tomatoes, red, ripe, raw, year round
average**

Energy	18 kcal
Protein	0.9 g
Total Carbohydrates	3.9 g
Total Sugars	2.6 g
Total Fat	0.2 g
Saturated Fat	0 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0 g
Dietary Fiber	1.2 g
Cholesterol	0 mg
Sodium	5 mg