

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

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

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

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

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

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

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

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

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

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

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

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

### Nutrition Facts for 100g of Carrots, baby, raw

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

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

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

### Nutrition Facts for 100g of Celery, raw

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

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

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

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

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

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

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

**Facts for 100g of Lentils, sprouted, cooked, stir-fried, without...**

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

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

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

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

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

**Nutrition Facts for 100g of Onions, raw**

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

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

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

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

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

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

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

### Nutrition Facts for 100g of Radishes, raw

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

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

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

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

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

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

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

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

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

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

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

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

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