

Vegetable	Protein	Fat	Carb	Sugar	Fiber	Net Carbs	Notes
Alfalfa Sprouts	1.32	0.23	0.69	6.00	0.60	0.09	
Artichokes	3.27	0.15	10.51	0.99	5.40	5.11	
Arugula	0.52	0.13	0.73	0.41	0.30	0.43	
Asparagus	2.95	0.16	5.20	2.52	2.80	2.40	
Avocados	3.00	21.99	12.80	0.99	10.00	2.80	
Bok Choy	1.10	0.15	1.59	0.86	0.70	0.89	
Broccoli	2.48	0.33	5.84	1.50	2.30	3.54	
Brussels Sprouts	2.97	0.26	7.88	1.94	3.30	4.58	
Cauliflower	1.98	0.10	5.30	2.40	2.50	2.80	
Celery	0.83	0.20	3.56	2.20	1.90	1.66	
Cucumber	0.84	0.23	3.07	1.96	1.00	2.07	
Eggplant	0.83	0.16	4.67	1.93	2.80	1.87	
Endive	0.40	0.08	1.10	0.21	0.90	0.20	
Green Beans	2.00	0.13	7.84	1.54	3.70	4.14	String
Kale	1.24	1.69	3.67	0.81	1.30	2.37	½ cup cooked
Lettuce	0.50	0.08	1.63	1.08	0.70	0.93	
Mushrooms	2.16	0.24	2.30	1.16	0.70	1.60	
Okra	1.49	1.60	3.61	1.91	2.00	1.61	½ cup cooked
Onion	1.76	0.16	14.94	6.78	2.70	12.24	
Peppers	0.63	1.57	4.55	2.16	0.80	3.75	½ cup cooked
Radishes	0.79	0.12	3.94	2.16	1.90	2.04	
Sauerkraut	0.65	0.10	3.04	1.26	2.10	0.94	½ cup cooked
Scallions	1.83	0.19	7.34	2.33	2.60	4.74	
Snow peas	1.76	0.13	4.76	2.52	1.60	3.16	
Soy Bean Sprouts	2.13	0.13	4.16	2.89	1.30	2.86	
Soy Beans	14.89	8.03	8.88	2.68	5.40	3.48	½ cup cooked
Spaghetti squash	0.51	0.20	4.98	1.95	1.10	3.88	
Spinach	0.86	0.12	1.09	0.13	0.70	0.39	
Summer Squash	1.50	0.22	4.15	2.15	1.40	2.75	includes Zucchini
Tomato Chopped	1.58	0.36	7.06	4.73	2.20	4.86	
Tomato - Cherry	1.31	0.30	5.84	3.92	1.80	4.04	
Turnips	1.17	0.13	8.36	4.94	2.30	6.06	
Watercress	0.78	0.03	0.44	0.07	0.20	0.24	
AVERAGES	1.88	1.20	5.02	2.15	2.15	2.86	

USDA National Nutrient Database
<http://www.nal.usda.gov/fnic/foodcomp/search/>