

Vegetable Weight Chart

Size	Select Vegetables	Grams	Ounces
1 cup	Asparagus	134	4.7
1 cup	Bean sprouts	100	4
1 cup	Bell peppers	149	5.3
1 cup	Broccoli	91	3.2
1 cup	Cabbage (all)	89	3.1
1 cup	Cauliflower	100	3.5
1 cup	Celery root	100	3.5
1 cup	Chard (all)	36	1.3
1 cup	Chayote	160	5.6
1 cup	Collards	36	1.27
1 cup	Cucumbers	104	3.7
1 cup	Dill Pickles	149	5.3
1 cup	Fennel	87	3.1
1 cup	Green onions	100	3.5
1 cup	Kale	67	2.4
1 cup	Kohlrabi	135	4.76
1 cup	Mushrooms	96	3.4
1 cup	Okra	100	3.5
1 cup	Onions (raw ONLY)	160	5.6
1 cup	Hot peppers	150	5.3
1 cup	Radish	116	4.1
1 cup	Rhubarb	122	4.3
1 cup	Sauerkraut	142	5
1 cup	Spinach	30	1.1
1 cup	Turnips	150	5.3
1 cup	Yellow squash	124	4.4
1 cup	Zucchini	150	5.3

Size	Occasional Vegetables	Grams	Ounces
1 cup	Beans (green & wax)	150	5.3
1 cup	Brussels sprouts	88	3.1
1 cup	Eggplant	82	2.9
1 cup	Heart of palm	146	5.15
1 cup	Jicama	130	4.59
1 cup	Leeks	89	3.1
1 cup	Rutabaga	140	4.9
1 cup	Snow peas	98	3.5
1 cup	Spaghetti squash	155	5.5
1 cup	Tomatoes	165	5.8