**Vegetables**

With calorie and macro information (Raw).

| **Vegetables** | **Measurement** | **Calories** | **Carbs(g)** | **Fat(g)** | **Protein(g)** |
| --- | --- | --- | --- | --- | --- |
| Lettuce | 1 cup (36 g) | 5 | 1.07 | 0.05 | 0.32 |
| Spinach | 1 cup (30 g) | 7 | 1.1 | 0.1 | 0.9 |
| Celery | 1 cup (100 g) | 14 | 3 | 0.2 | 0.7 |
| Cucumber | 1 cup (100 g) | 16 | 3.6 | 0.1 | 0.7 |
| Radishes | 1 cup (116 g) | 18 | 3.9 | 0.1 | 0.8 |
| Zucchini | 1 cup (113 g) | 19 | 3.8 | 0.2 | 1.37 |
| Mushroom | 1 cup (96 g) | 21 | 3.2 | 0.33 | 2.97 |
| Cabbage | 1 cup (90 g) | 22 | 5 | 0.11 | 1.3 |
| Cauliflower | 1 cup (107 g) | 27 | 5.3 | 0.3 | 2.1 |
| Asparagus | 1 cup (134 g) | 27 | 5.2 | 0.2 | 3 |
| Pumpkin | 1 cup (116 g) | 30 | 7.5 | 0.1 | 1.2 |
| Green beans | 1 cup (100 g) | 30 | 7.9 | 0.3 | 1.9 |
| Broccoli | 1 cup (91 g) | 31 | 6 | 0.3 | 2.6 |
| Tomatoes | 1 cup (180 g) | 36 | 7 | 0.4 | 1.6 |
| Turnips | 1 cup (130 g) | 36 | 8.4 | 0.1 | 1.2 |
| Bell peppers | 1 cup (135 g) | 38 | 8.14 | 0.4 | 1.34 |
| Brussel sprouts | 1 cup (88 g) | 38 | 7.9 | 0.3 | 3 |
| Winter squash | 1 cup (116 g) | 40 | 9.96 | 0.15 | 1.1 |
| Onion | 1 cup (115 g) | 46 | 12.94 | 0.1 | 1.18 |
| Carrots | 1 cup (128 g) | 53 | 12 | 0.3 | 1.2 |
| Artichoke | 1 artichoke (128 g) | 60 | 13 | 0.2 | 4.2 |
| Potato | 1 cup diced (150 g) | 116 | 26.2 | 0.14 | 3.03 |
| Peas | 1 cup (145 g) | 118 | 21 | 0.6 | 7.9 |
| Sweet potatoes | 1 cup (150 g) | 129 | 31 | 1 | 3 |
| Corn | 1 cup (164 g) | 177 | 31.19 | 1.94 | 5.28 |