

# VEGETABLES

ITEM	PORTION SIZE	CARB. COUNT (g)	CALORIE COUNT
ARTICHOKE HEARTS	1/2 CUP	6	35
ASPARAGUS	1/2 CUP	2	13
BEANS: BAKED	1/2 CUP	29	140
BEANS: BLACK: RANCH STYLE	1/2 CUP	20	110
BEANS: EDAMEME	1/2 CUP	6.98	120
BEANS: GARBANZO	1/2 CUP	17.01	104
BEANS: GREAT NORTHERN	1/2 CUP	23.84	129
BEANS: GREEN	1/2 CUP	2.89	14
BEANS: KIDNEY, RED	1/2 CUP	19	110
BEANS: LIMA	1/2 CUP	16.53	88
BEANS: PINTO CND.	1/2 CUP	20	110
BEANS: RED: CND.	1.2 CUP	12	130
BEANS: REFRIED: CND.	1/2 CUP	20	120
BEETS: CND.	1/2 CUP	8.78	37
BLACK OLIVES	1/2 CUP	7.09	213
BROCCOLI: FRESH	1/2 CUP	2.92	15
CABBAGE: FRESH	1/2 CUP	0.76	5
CARROTS: BABY FRESH	1/2 CUP	5.73	25
CARROTS: STEAMED	1/2 CUP	5.64	27
CAULIFLOWER: FRESH	1/2 CUP	2.49	13
CELERY STICKS: 4"	6 EACH	2	10
CORN:CND:LOW SODIUM:KERNAL	1/2 CUP	9	60
CORN: FROZEN	1/2 CUP	14.25	60
CUCUMBER:WITH PEEL:RAW:SLICE	1/2 CUP	1.89	8
MIXED VEGGIES	1/2 CUP	7.25	34
PEAS: FROZEN	1/2 CUP	10.69	59
PEPPERS: CHILE GREEN: DICED	2 TBSP.	1	5
PEPPERS: GREEN BELL: FRESH	1/2 CUP	2.13	9
PEPPERS: JALAPENO: CND. DICED	1/2 CUP	2	10
PEPPERS: RED BELL: FRESH	1/2 CUP	2.77	14
POTATO: AU GRATIN	1/2 CUP	22	110
POTATO: FRENCH FRIES	1/2 CUP	12	73
POTATO: MASHED	1/2 CUP	42	220
POTATO: MASHED GARLIC	1/2 CUP	45.5	262
POTATO: ROASTED	1/2 CUP (3.14OZ)	25	140
POTATO: SCALLOPED	1/2 CUP	24.45	117
POTATO: SWEET FRENCH FRIES	1/2 CUP (3.43OZ)	24	150
POTATO: SWEET MASHED	1/2 CUP	28	152
POTATO: TATER TOTS	1/2 CUP (9 Pieces)	19	150
RADISH: RAW	1 TBSP.	0.25	1
SALAD MIX WITH ROMAINE	1 CUP	0.67	11
SPINACH LEAVES: FRESH	1 CUP	1.09	7

TOMATO: CHERRY	1/2 CUP	2.9	13
TOMATO: RAW	1 EACH	1.21	6
VEGGIE: ASIAN BLEND	1/2 CUP	8.25	51
VEGGIE: CALIFORNIA BLEND	1/2 CUP	30	5
VEGGIE: FAJITA BLEND	1/2 CUP	3.34	20
VEGGIE: STIR FRY BLEND	1/2 CUP	2.5	15
VEGGIE: 5 WAY MIX	1/2 CUP	9	45
WATER CHESTNUT: SLC.	1/2 CUP	9	35
YAMS: CND.	1/2 CUP	27.75	120