

Nutrition Facts: Vegetables

as of: 9/9/2011 by carlanell.com

**** Nutrition Units for Fat, Carbs, Protein, Sugar, Fiber are Grams; Vit A, Vit D, Vit E are IU; Sodium, Cholesterol, Iron, Calcium, Vit C, Magnesium, Potassium, Zinc, Omega-3 are Milligrams;**

Asparagus, spears Quantity: 6, 7"spears 100g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
20	0	4	2	2	2	2	0	2	24	756	6	0	1	202	14	1	10

Bean Sprouts, alfalfa Quantity: 1 cup 33g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
8	0	1	1	0	1	2	0	0	11	51	3	0	0	26	9	0	58

Bean Sprouts, mung Quantity: 1 cup 104g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
31	0	6	3	0	1	6	0	1	14	22	14	0	0	155	22	0	17

Beets, canned slices Quantity: 1 cup 170g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
53	0	12	2	9	3	330	0	3	26	41	7	0	1	252	29	0	7

Beets, cooked Quantity: 2 beets 100g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
44	0	9	1	8	2	77	0	1	16	35	4	0	0	305	23	0	5

Bok Choy, raw, shredded Quantity: 1 cup 70g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
9	0	1	1	1	1	46	0	1	74	3128	32	0	0	176	13	0	39

Broccoli, Green Giant frozen Steamers Quantity: 2 cups

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
40	0	8	4	2	4	40	0	2	121	3720	148	0	5	522	48	1	155

Broccoli, raw chopped Quantity: 1 cup 91g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
31	0	5	2	2	2	30	0	1	43	567	81	0	1	288	19	0	19

Brussels sprouts Quantity: 3 whole, 88g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
38	0	8	3	2	3	22	0	1	37	664	75	0	1	342	20	0	87

Cabbage red, raw, chopped Quantity: 1 cup 89g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
28	0	6	1	3	2	24	0	1	40	993	51	0	0	216	14	0	40

Cabbage red, raw, shredded Quantity: 1 cup 70g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
22	0	5	1	3	1	19	0	1	32	781	40	0	0	170	11	0	32

Carrot, raw Quantity: 1 medium 61g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
25	0	6	0	3	2	42	0	0	20	10190	4	0	0	195	7	0	1

Cauliflower, green, raw Quantity: 1 cup 64g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
20	0	4	2	2	2	15	0	1	21	99	56	0	0	192	13	4	67

Cauliflower, green, raw Quantity: small head 325g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
101	1	17	23	10	10	75	0	2	107	504	286	0	0	975	65	2	338

Cauliflower, white, raw Quantity: 1 cup 100g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
25	0	5	1	2	3	30	0	0	22	13	46	0	0	303	15	0	37

Cauliflower, white, raw Quantity: 1 small, 265g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
66	0	13	3	6	7	80	0	1	58	35	123	0	0	803	40	1	98

Celery, organic Quantity: medium stalk 40g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
20	0	5	0	0	2	100	0	0	40	180	1	0	0	104	4	0	0

Corn, sweet, yellow cooked Quantity: medium ear 103g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
111	1	23	2	3	3	0	0	1	3	271	6	0	0	218	27	1	19

Corn, yellow frozen, microwaved Quantity: 1 cup 141g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
185	2	36	5	5	4	6	0	1	7	330	0	0	0	389	35	1	20

Cucumber, raw with peel Quantity: 8" whole 301g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
45	0	11	2	5	2	6	0	1	50	300	8	0	0	442	39	1	15

Edamame, organic, frozen whole pods Quantity: 1/2 cup 113g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
65	3	6	6	2	3	4	0	1	35	0	6	0	0	285	36	1	280

Nutrition Facts: Vegetables

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Garlic, raw organic Quantity: 1 clove 3g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
5	0	1	0	0	0	0	0	0	20	0	40	0	0	12	1	0	1

Garlic, raw organic Quantity: 3 cloves 9g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
15	0	3	0	0	0	0	0	0	60	0	120	0	0	36	2	0	2

Garlic, raw organic Quantity: 6 cloves 18g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
30	0	6	0	0	0	0	0	0	120	0	240	0	0	72	4	0	4

Ginger root, raw Quantity: 5 slices (1" diam) 11g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
9	0	2	0	0	0	1	0	0	2	0	1	0	0	46	5	0	4

Ginger root, raw Quantity: 1/4 cup sliced 24g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
19	0	4	0	0	1	3	0	0	4	0	1	0	0	100	10	0	8

Green beans, raw Quantity: 20 beans 1 cup 110g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
34	0	8	2	2	4	7	0	1	41	759	18	0	1	230	28	0	40

Jicama (yambean), raw Quantity: 1 small 365g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
139	0	32	2	7	18	15	0	2	44	77	74	0	2	548	44	1	51

Kale greens, raw Quantity: 1 cup chopped 67g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
33	0	7	2	0	1	29	0	1	91	10302	80	0	0	299	23	0	121

Leeks, raw Quantity: 1 leek 89g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
54	5	1	1	4	2	18	0	2	53	1484	11	0	1	160	25	0	88

Legumes, black beans, canned Quantity: 1/2 cup 130g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
120	0	22	8	1	5	85	0	2	53	0	0	0	0	407	80	1	133

Legumes, black beans, cooked Quantity: 1 cup 172g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
227	1	41	15	0	15	2	0	4	46	10	0	0	0	611	120	2	181

Legumes, dark red kidney beans, canned Quantity: 1/2 cup 130g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
110	0	19	8	1	4	100	0	1	20	0	0	0	0	202	23	0	41

Legumes, great northern beans, cooked Quantity: 1 cup 177g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
209	1	37	15	0	12	4	0	4	120	2	2	0	0	692	89	2	149

Legumes, lentils, cooked Quantity: 1 cup 198g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
230	1	40	18	4	16	4	0	7	38	16	3	0	0	731	71	3	73

Legumes, navy beans, cooked Quantity: 1 cup 182g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
255	1	48	15	1	19	0	0	4	126	0	2	0	0	708	96	2	322

Legumes, red kidney beans, cooked Quantity: 1 cup 177g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
225	1	40	15	1	13	4	0	5	50	0	2	0	0	713	80	2	297

Lettuce, romaine hearts organic Quantity: 2 leafs 3oz

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
10	0	2	1	0	1	10	0	1	18	4878	13	0	0	138	8	0	95

Lettuce, romaine, raw Quantity: 1 head, 626g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
106	2	21	8	7	13	50	0	6	207	54530	150	0	1	1546	88	1	707

Mushrooms, brown, whole Quantity: 1 cup 87g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
23	0	4	2	1	1	5	0	0	16	0	0	0	0	390	8	1	0

Mushrooms, portabella caps Quantity: 3 caps 100g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
30	0	3	3	1	2	10	0	0	0	0	1	16	0	305	9	1	1

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Mushrooms, white, whole Quantity: 1 cup 96g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
21	0	3	3	2	1	5	0	1	0	0	2	17	0	305	9	1	0

Olives, green canned Quantity: 14 whole 28g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
41	4	1	0	0	1	436	0	0	15	110	0	0	1	12	3	0	26

Olives, ripe canned Quantity: 7 large 28g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
32	3	2	0	0	1	244	0	1	25	113	0	0	1	2	1	0	18

Onion, green raw Quantity: 1 stalk 12g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
3	0	1	0	0	0	1	0	0	7	480	6	0	0	31	2	0	0

Onion, yellow, raw Quantity: 1 medium

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
60	0	14	2	9	3	5	0	0	25	2	8	0	0	161	11	1	370

Onion, yellow, raw Quantity: 1 small

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
28	0	7	1	3	1	3	0	0	16	1	5	0	0	102	7	0	185

Parsley, raw Quantity: 1 cup 60g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
22	0	4	2	1	2	34	0	4	83	5055	80	0	0	332	30	1	5

Peas green, raw Quantity: 1 cup 145g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
117	1	21	8	8	7	7	0	2	36	1109	58	0	0	354	48	2	51

Peas, canned Lesueur (baby) -50% sodium Quantity: 1 cup 175g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
121	1	20	8	5	9	380	0	2	40	1514	17	0	1	180	32	1	54

Peas, frozen Quantity: 1 cup 134g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
103	0	18	7	7	6	145	0	2	30	2757	24	0	0	205	35	1	44

Peas, sugar snap, raw Quantity: 20 pods 68g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
28	0	6	2	2	2	2	0	1	29	740	41	0	0	136	16	0	9

Pepper, sweet green raw Quantity: 1 large 164g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
33	0	8	1	3	3	5	0	1	16	607	132	0	1	287	16	0	13

Pepper, sweet red raw Quantity: 1 large 164g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
51	0	10	2	7	3	7	0	1	12	5135	209	0	3	346	20	0	41

Pepper, sweet yellow or orange raw Quantity: 1 large 186g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
50	0	9	2	0	2	4	0	0	10	372	341	0	0	394	22	0	0

Potato, Red (cooked) with skin no salt Quantity: 1 medium 173g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
154	0	34	4	2	3	21	0	1	16	17	22	0	0	943	48	1	17

Potato, Russet (cooked) with skin no salt Quantity: 1 medium 173g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
168	0	37	5	2	4	24	0	2	31	17	22	0	0	952	52	1	17

Potato, Sweet (cooked) with skin no salt Quantity: 1 medium 114g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
103	0	24	2	7	4	41	0	1	43	21907	22	0	1	541	31	0	5

Pumpkin: canned Quantity: 15oz 425g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
170	0	40	5	15	15	25	0	7	40	77825	21	0	6	1030	115	1	33

Spinach, baby raw Quantity: 2 cups 85g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
20	0	3	2	0	2	65	0	3	80	8000	24	0	2	474	67	0	117

Spinach, canned, no salt added Quantity: 1/2 cup 115g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
30	0	4	2	0	2	85	0	1	100	2500	15	0	2	423	93	1	143

Spinach, frozen, organic Quantity: 1 cup

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
30	0	3	2	0	1	120	0	3	201	18291	9	0	5	540	117	1	41

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Squash spaghetti, cooked no salt Quantity: 1 cup 155g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
42	0	10	1	3	2	28	0	1	33	170	5	0	0	181	17	0	121

Squash summer zucchini Quantity: 1 medium

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
31	0	7	2	3	2	20	0	1	29	392	33	0	0	514	33	1	110

Tomato cherry, raw Quantity: 5 whole 1 cup

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
27	0	6	1	4	2	7	0	0	10	1241	19	0	1	353	16	0	5

Tomato Juice, V8 Quantity: 1 cup 243g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
51	0	10	2	8	2	481	0	1	39	2000	72	0	0	469	0	0	0

Tomato Juice, V8 low sodium Quantity: 1 cup

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
51	0	10	2	8	2	140	0	1	40	2000	72	0	0	469	0	0	0

Tomato paste, Full Circle organic Quantity: 6oz can

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
150	0	30	10	15	5	100	0	4	0	2592	37	0	7	1724	71	1	12

Tomato, raw Quantity: 1 medium 123g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
22	0	5	1	3	1	6	0	0	12	1025	16	0	1	292	14	0	4

Tomatoes, canned crushed, no salt added Quantity: 1/4 cup 63g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
20	0	5	1	3	1	20	0	1	100	500	6	0	1	226	16	0	1

Tomatoes, canned diced, no salt added Quantity: 14.5oz can

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
88	0	18	4	11	4	70	0	3	140	562	45	0	3	902	53	1	8

Turnip greens, raw Quantity: 2 cups 100g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
32	0	6	1	0	3	40	0	1	190	11586	60	0	3	296	31	0	84

Turnip, raw Quantity: 1 medium 122g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
34	0	8	1	5	2	86	0	0	37	0	26	0	0	233	13	0	49