



Vegetables



Asparagus



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Asparagus

Nutrition Facts	
1serving	
Serving size	6 stalks
Amount per serving	
Calories	26
% Daily Value*	
Total Fat g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 2mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	10%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D	0%
Calcium 31mg	2%
Iron 3mg	15%
Potassium 263mg	6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Vegetables



Black Beans



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Black Beans

Nutrition Facts	
3.5 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	113
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 199mg	10%
Total Carbohydrate 20g	7%
Dietary Fiber 7g	26%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D	0%
Calcium 23mg	2%
Iron 1.8mg	10%
Potassium 304mg	6%
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Vegetables



Pinto Beans



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Pinto Beans

Nutrition Facts	
3.5 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	123
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0.5g	1%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 200mg	9%
Total Carbohydrate 23g	8%
Dietary Fiber 8g	27%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D	0%
Calcium 40mg	3%
Iron 1.8mg	10%
Potassium 374mg	8%
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Vegetables



Red Bell Pepper



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Red Bell Pepper

Nutrition Facts

1 serving

Serving size

1 medium

Amount per serving

Calories

37

% Daily Value*

Total Fat 0.4g

0%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 0 mg

0%

Sodium 5mg

0%

Total Carbohydrate 7g

2%

Dietary Fiber 2.5g

10%

Total Sugars 5g

Includes 0g Added Sugars

0%

Protein 1g

Vitamin D

0%

Calcium 10mg

1%

Iron 0.4mg

2%

Potassium 211mg

4%

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Vegetables



Black-Eyed Peas



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Black-Eyed Peas

Nutrition Facts

3.5 servings per container

Serving size 1/2 cup

Amount per serving

Calories

92

% Daily Value*

Total Fat 0.6g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0 mg 0%

Sodium 351mg 15%

Total Carbohydrate 16g 6%

Dietary Fiber 4g 14%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0%

Calcium 24mg 2%

Iron 1mg 6%

Potassium 206mg 4%

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Vegetables



Bok Choy



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Bok Choy

Nutrition Facts	
5 servings per head	
Serving size	1 cup
Amount per serving	
Calories	9
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 45mg	2%
Total Carbohydrate 2g	1%
Dietary Fiber 0.5g	2%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D	0%
Calcium 73mg	6%
Iron 0.6mg	3%
Potassium 176mg	4%
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Vegetables



Broccoli



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Broccoli

Nutrition Facts	
5 servings per head	
Serving size	1/2 cup
Amount per serving	
Calories	10
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 9mg	0%
Total Carbohydrate 2g	0%
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D	0%
Calcium 17mg	1%
Iron 0.3mg	2%
Potassium 115mg	2%
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Vegetables



Green Cabbage



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Green Cabbage

Nutrition Facts	
22 servings per head	
Serving size	1/4 cup
Amount per serving	
Calories	4
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 3mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0.4g	2%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 30mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Vegetables



Baby Carrots



Baby Carrots

Nutrition Facts	
8 servings per 1 lb. bag	
Serving size	10 carrots
Amount per serving	
Calories	35
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 160mg	7%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	10%
Total Sugars 4.8g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D	0%
Calcium 32mg	2%
Iron 0.9mg	5%
Potassium 237mg	5%
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Vegetables



Cauliflower



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Cauliflower

Nutrition Facts	
6 servings per head	
Serving size	1/2 cup
Amount per serving	
Calories	13
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 16mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D	0%
Calcium 12mg	1%
Iron 0.2mg	1%
Potassium 160mg	3%
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Vegetables



Celery



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Celery

Nutrition Facts	
9 servings per bunch	
Serving size	1 stalk
Amount per serving	
Calories	6
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 32mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	2%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D	0%
Calcium 16mg	1%
Iron 0mg	0%
Potassium 104mg	2%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Vegetables



Chickpeas



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Chickpeas

Nutrition Facts	
3.5 servings per can	
Serving size	1/2 cup
Amount per serving	
Calories	105
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.2g	1%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 334mg	14%
Total Carbohydrate 16g	6%
Dietary Fiber 5g	19%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D	0%
Calcium 42mg	3%
Iron 1.4mg	8%
Potassium 173mg	4%
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Vegetables



Collard Greens



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Collard Greens

Nutrition Facts	
1 bunch, raw leaves	
Serving size	1 cup
Amount per serving	
Calories	11
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 6mg	1%
Total Carbohydrate 2g	0%
Dietary Fiber 1.4g	5%
Total Sugars 0.2g	
Includes 0g Added Sugars	0%
Protein 1.1g	
Vitamin D	0%
Calcium 232mg	18%
Iron 0.5mg	3%
Potassium 77mg	2%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Vegetables



Corn



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Corn

Nutrition Facts	
3.5 servings per can	
Serving size	1/2 cup
Amount per serving	
Calories	62
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.2g	1%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 10mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	5%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D	0%
Calcium 1mg	0%
Iron 0.4mg	2%
Potassium 196mg	4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Vegetables



Cucumber



Cucumber

Nutrition Facts	
1 serving	
Serving size	1 medium
Amount per serving	
Calories	30
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 4mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D	0%
Calcium 32mg	2%
Iron 0.6mg	3%
Potassium 295mg	6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Vegetables



Cilantro



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Cilantro

Nutrition Facts	
16 servings per bunch	
Serving size	1 Tablespoon
Amount per serving	
Calories	0.2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 5mg	0%
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Vegetables



Lentils



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Lentils

Nutrition Facts	
1 serving, cooked	
Serving size	1/2 cup
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 223mg	10%
Total Carbohydrate 19g	7%
Dietary Fiber 8g	27%
Total Sugars 1.7g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D	0%
Calcium 18mg	1%
Iron 3mg	18%
Potassium 350mg	7%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Vegetables



Iceberg Lettuce



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Iceberg Lettuce

Nutrition Facts	
10 servings per head	
Serving size	1 cup
Amount per serving	
Calories	5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 7mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0.4g	1%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D	0%
Calcium 9mg	0%
Iron 0.2mg	1%
Potassium 59mg	1%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Vegetables



Romaine Lettuce



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Romaine Lettuce

Nutrition Facts	
6 servings per head	
Serving size	1 cup
Amount per serving	
Calories	5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 10mg	0%
Total Carbohydrate 31g	0%
Dietary Fiber 0.4g	2%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D	0%
Calcium 13mg	1%
Iron 0.3mg	2%
Potassium 68mg	1%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Vegetables



Yellow Onion



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Yellow Onion

Nutrition Facts

4 servings per large onion

Serving size 1/2 cup

Amount per serving

Calories

32

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0 mg 0%

Sodium 3mg 0%

Total Carbohydrate 7g 2%

Dietary Fiber 1g 5%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 0.8g

Vitamin D 0%

Calcium 18mg 1%

Iron 0.2mg 1%

Potassium 117mg 2%

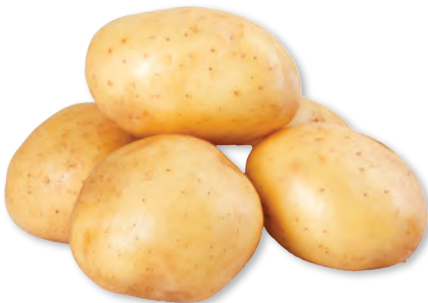
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Vegetables



Gold Potato



Gold Potato

Nutrition Facts	
1 small potato	
Serving size	7 oz.
Amount per serving	
Calories	128
% Daily Value*	
Total Fat 0.2g	0%
Saturated Fat 1g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 14mg	1%
Total Carbohydrate 29g	11%
Dietary Fiber 3g	11%
Total Sugars 1.6g	
Includes 0g Added Sugars	0%
Protein 3.5g	
Vitamin D	0%
Calcium 21mg	2%
Iron 1.5mg	8%
Potassium 738mg	16%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Vegetables



Sweet Potato



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Sweet Potato

Nutrition Facts	
1 medium, 5-inch long	
Serving size	1 medium
Amount per serving	
Calories	103
% Daily Value*	
Total Fat 0.2g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 41mg	2%
Total Carbohydrate 24g	9%
Dietary Fiber 4g	14%
Total Sugars 7.4g	
Includes 0g Added Sugars	0%
Protein 2.3g	
Vitamin D	0%
Calcium 43mg	3%
Iron 0.8mg	4%
Potassium 541mg	11%
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Vegetables



Spinach



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Spinach

Nutrition Facts	
1 bunch, raw leaves	
Serving size	1 cup
Amount per serving	
Calories	7
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 23mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 0.6g	2%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0.8g	
Vitamin D	0%
Calcium 30mg	2%
Iron 0.8mg	4%
Potassium 167mg	4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Vegetables



Tomato



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Tomato

Nutrition Facts	
1 medium tomato, chopped	
Serving size	1/2 cup
Amount per serving	
Calories	22
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 4mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 0.8g	
Vitamin D	0%
Calcium 9mg	1%
Iron 0.2mg	1%
Potassium 213mg	5%
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