

VEGETABLES

	Serving Size	Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
Broccoli and cheese		108	10	4.5	2.5	0	13	11	6	3	105	1	74	2220	156
California Vegetable Blend	1 CUP	30	2	0.0	0.0	0.0	0	5	2	1	25	0	20	750	20
Carrot Sticks (baby)	0.5 CUP	27	<1 gm	0.0	0.0	N/A	0	6	2	3	45	0.27	3	13418	23
Cooked Carrots	3 OZ	35	0	0.0	0.0	0	0	6	2	3	45	0	1	5000	20
Corn	100 GM	81	3	1.0	0.0	N/A	0	19	2	4	210	0.86	9	80	5
Cucumber	.33 EACH	15	1	0.0	0.0	0.0	0	3	1	2	0	0.36	6	200	20
Lettuce	1.5 CUP	15	1	0.0	0.0	0.0	0	3	1	1	10	0.72	2	4500	20
Peas	0.5 CUP	62	4	0.0	0.0	N/A	0	11	4	4	60	1.22	8	1680	19
Grape Tomatoes	1 EACH	3	0	0.0	0.0	0.0	0	<1	0	0	0	0.05	2	142	2
Green Beans	.67 CUP	27	2	0.0	0.0	N/A	0	6	3	1	350	1.22	6	587	35
Green Peppers	1 CUP	26	<1 gm	0.0	0.0	N/A	0	6	1	3	0	0.42	68	269	8
Mixed Vegetables	0.67 CUP	70	2	0.0	0.0	0.0	0	11	3	3	60	0.72	6	750	20
Pickle Spear	1 OZ	0	0	0.0	0.0	0.0	0	0	0	0	370	0.00	0	0	0
Red Peppers	0.5 CUP	19	<1 gm	0.0	0.0	N/A	0	5	< 1 gm	3	0	0.31	116	3738	6
Raw Broccoli	0.5 CUP	15	1	0.0	0.0	0.0	0	3	1	<1	15	0.32	39	290	0
Steamed Broccoli	1 CUP	52	6	0.0	0.0	N/A	0	10	6	3	20	1.12	74	2057	61