



Low Carb Vegetables Chart

Vegetable (1/2 Cup)	Calories	Fat (kg)	Carbs (g)	Protein (g)
Cucumber	6.8	0.1	1.4	0.4
Romaine Lettuce (1 cup)	7.8	0.2	1.4	1
Cabbage	11.1	0.1	2.4	0.6
Summer Squash	11.3	0.1	2.5	0.7
Radish	11.6	0.3	2.1	0.3
Celery, cooked	13.5	0.1	3	0.6
Eggplant, cooked	13.9	0.1	3.3	0.4
Cauliflower, cooked	14.3	0.3	2.5	1.1
Zucchini, cooked	14.4	0	3.5	0.6
Banana Peppers*	17	0.3	3.3	0.9
Green Beans	17.1	0.1	3.9	1
Tomato	18.9	0.3	4.2	0.8
Green & Red Bell Peppers	19	0.1	4.6	0.5
Potato	57	0	13	1
Spinach, cooked	20.7	0.2	3.4	2.7
Mushrooms, cooked	21.1	0.4	4	1.7
Broccoli, cooked	21.8	0.3	3.9	2.3
Asparagus, cooked	22	0.3	3.8	2.3
Pumpkin, cooked	24.5	0.1	6	0.9
Leek	27.1	0.1	6.3	0.7
Brussel Sprouts	30.4	0.4	6.8	2
Onion	30.4	0.1	6.9	0.9
Carrot cooked	35.1	0.1	8.2	0.9
Pass	58.7	0.3	10.5	3.9
Sweet Corn	66.2	0.9	14.6	2.5
Sweet Potato, cooked	103	0.1	24.3	1.7

