

Fruit and Vegetable Calorie Chart

100 grams of Food	Calories	Fat	Protein	Carbs	Fiber
Pecans	691	72g	9g	14g	10g
Walnuts	654	65g	15g	14g	7g
Hazelnuts	628	61g	15g	17g	10g
Sunflower Seeds	584	51g	21g	20g	9g
Almonds	575	49g	21g	22g	12g
Sesame Seeds	573	50g	18g	23g	12g
Pumpkin Seeds	541	46g	25g	18g	4g
Soybeans	446	20g	36g	30g	9g
Quinoa	368	6g	14g	64g	7g
Beans, Pinto	347	1g	21g	63g	15g
Black Beans	341	1g	22g	62g	15g
Beans, Kidney	337	1g	23g	61g	15g
Beans, Navy	337	1g	22g	61g	24g
Cranberry Beans	335	1g	23g	60g	25g
Mushrooms, Shiitake	296	1g	10g	75g	11g
Avacado	160	15g	2g	9g	7g
Garlic	149	0g	6g	33g	2g
Yams	118	0g	2g	28g	4g
Bananas	89	0g	1g	23g	3g
Corn	86	1g	3g	19g	3g
Sweet Potato	86	0g	2g	20g	3g