



Veggies Nutrition



VEGGIES	Arugula	Spinach	Mushroom	Broccoli	Cauliflower	Red Pepper	Yellow Pepper	Tomato	Zucchini	Cucumber	Carrot
Calories	6	7	21	31	27	46	27	35	45	16	53
Fat	0g	0g	0.5g	0.5g	0.5g	0.5g	0g	0.5g	0.5g	0g	0.5g
Carbs	1g	1g	2g	6g	5g	9g	6.5g	7g	5.5g	3g	12g
Fiber	0.5g	0.5g	0g	2.5g	2g	3g	1g	2g	1.5g	1g	3.5g
Net Carbs	0.5g	0.5g	2g	3.5g	3g	6g	5.5g	5g	4g	2g	8.5g
Sugars	0.5g	0g	2g	1.5g	2g	6.5g	0g	4.5g	4g	2g	6g
Protein	0.5g	1g	3g	2.5g	2g	1.5g	1g	1.5g	2g	1g	1g