

	Calories	Fat (g)	Fiber (g)	Total Carbs	Protein (g)
Asparagus, cooked, 1 cup	72	0	3.5	7.46	4.31
Apple, medium size	72	0.23	3.3	19.06	0.36
Banana, medium size	105	0.39	3.1	26.95	1.29
Beans, cooked, 1 cup	198	0.83	8.8	36.07	12.49
Beans, green, cooked, 1 cup	47	0.38	4.3	10.56	2.54
Blueberries, raw, 1 cup	83	0.48	3.5	21.01	1.07
Broccoli, cooked, flowerets, 1 cup	55	2.74	3.3	7.12	2.35
Brussel sprouts, raw, 1 cup	38	0.26	3.3	7.88	2.97
Cabbage, green, raw, shredded, 1 cup	17	0.08	1.6	3.91	1.01
Cantaloupe, 1 cup	60	0.34	1.6	14.44	1.49
Carrots, baby, raw, 1 oz	10	0.04	0.5	2.34	0.18
Cauliflower, cooked, 1 cup	81	5.44	4.8	7.22	3.14
Celery, raw, chopped, 1 cup	14	0.17	1.6	3	0.7
Cucumber, raw, slices, 1/2 cup	8	0.06	0.3	1.89	0.34
Eggplant, raw, 1 cup	20	0.16	2.8	4.67	0.83
Garlic, 3 cloves	13	0.04	0.2	2.98	0.57
Grapes, seedless, 1 cup	110	0.26	1.4	28.96	1.15
Kale, raw, chopped, 1 cup	34	0.47	1.3	6.71	2.21
Lemon juice, 1 lemon yields	12	0	0.2	4.06	0.18
Lettuce, iceberg, 1 cup	8	0.08	0.7	1.63	0.5
Lettuce, Romaine shredded, 1 cup	15	0	0.5	1	1
Lime juice, 1 lime yields	10	0.03	0.2	3.2	0.16
Mushrooms, button, raw, 1/2 cup	30	0.5	2	3	3
Mushrooms, Portabella, raw, 1 cup	22	0.17	1.3	4.36	2.15
Onion, green, 1/4 cup	10	0	1	2	0
Onion, raw, 1 cup	67	0.13	2.2	16.18	1.47
Orange, medium size	62	0.16	3.1	15.39	1.23
Peach, medium size	38	0.24	1.5	9.35	0.89
Pepper, bell, raw, medium size	31	0.36	2.4	7.18	1.18
Potato, white, baked, medium size	163	0.26	3.6	36.47	3.63
Raspberries, raw, 1 cup	64	0.8	8	14.69	1.48
Rice, white, cooked, 1 cup	205	0.44	0.6	44.51	4.25
Shallots, chopped, 1 Tbsp	7	0.01	0.3	1.68	0.25
Spinach, cooked, 1 cup	44	0.49	4.6	7.09	5.6
Spinach, raw, 1 cup	7	0.12	0.7	1.09	0.86
Squash, spaghetti, cooked, 1 cup	75	4.1	2.2	10.08	1.02
Squash, summer, cooked, 1 cup	68	4.24	2.6	7.81	1.65
Strawberries, raw, whole, 1 cup	49	0.46	3	11.67	1.02
Tomato sauce, 1 cup	90	0.49	3.7	18.08	3.17
Tomato, medium size	22	0.25	1.5	4.82	1.08
Tortilla, yellow corn, 2 count	80	1	2	16	2
Turnips, raw, 1 cup	36	0.13	2.3	8.36	1.17
Walnuts, 1 oz	185	18.49	1.9	3.89	4.32
Yogurt, plain greek, 7 oz	190	10	0	8	18
Zucchini, 1 cup	27	0.6	1.8	4.8	2.1