## Appendix C to Part 101.--Nutrition Facts for Raw Fruits and Vegetables-continued

| Nutrition facts[1] for raw fruits and vegetables edible portion | Calories | Calories from fat | Total Fat (g) | Total Fat (%) | Saturated Fat (g) | Saturated Fat (%) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%) | Sodium (mg) | Sodium (%) | Potassium (mg) | Potassium (%) | Total Carbohydrate (g) | Total Carbohydrate (%) | Dietary Fiber (g) | Dietary Fiber (%) | Sugars (g) | Protein (g) | Vitamin A (%) | Vitamin C (%) | Calcium (%) | Iron (%) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Asparagus, 5 spears (93 g/3.3 oz) | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 230 | 7 | 4 | 1 | 2 | 8 | 2 | 2 | 10 | 15 | 2 | 2 |
| Bell pepper, 1 medium (148 g/5.3 oz) | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 40 | 2 | 220 | 6 | 6 | 2 | 2 | 8 | 4 | 1 | 4 | 190 | 2 | 4 |
| Broccoli, 1 medium stalk (148 g/5.3 oz) | 45 | 0 | 0.5 | 1 | 0 | 0 | 0 | 0 | 0 | 80 | 3 | 460 | 13 | 8 | 3 | 3 | 12 | 2 | 4 | 6 | 220 | 6 | 6 |
| Carrot, 1 carrot, 7" long, 1 1/4" diameter (78 g/2.8 oz) | 30 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 60 | 3 | 250 | 7 | 7 | 2 | 2 | 8 | 5 | 1 | 110 | 10 | 2 | 2 |
| Cauliflower, 1/6 medium head (99 g/3.5 oz) | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 30 | 1 | 270 | 8 | 5 | 2 | 2 | 8 | 2 | 2 | 0 | 100 | 2 | 2 |
| Celery, 2 medium stalks (110 g/3.9 oz) | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 115 | 5 | 260 | 7 | 4 | 1 | 2 | 8 | 2 | 0 | 10 | 15 | 4 | 2 |
| Cucumber, 1/3 medium (99 g/3.5 oz) | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 140 | 4 | 2 | 1 | 1 | 4 | 1 | 1 | 4 | 10 | 2 | 2 |
| Green (snap) beans, 3/4 cup cut (83 g/3.0 oz) | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 200 | 6 | 5 | 2 | 3 | 12 | 2 | 1 | 4 | 10 | 4 | 2 |
| Green cabbage, 1/12 medium head (84 g/3.0 oz) | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 1 | 190 | 5 | 5 | 2 | 2 | 8 | 3 | 1 | 0 | 70 | 4 | 2 |
| Green onion, 1/4 cup chopped (25 g/0.9 oz) | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 70 | 2 | 2 | 1 | 1 | 4 | 1 | 0 | 2 | 8 | 2 | 2 |
| Iceberg lettuce, 1/6 medium head (89 g/3.2 oz) | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 125 | 4 | 2 | 1 | 1 | 4 | 2 | 1 | 6 | 6 | 2 | 2 |
| Leaf lettuce, 1 1/2 cups shredded (85 g/3.0 oz) | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 35 | 1 | 170 | 5 | 2 | 1 | 1 | 4 | 1 | 1 | 130 | 6 | 2 | 4 |
| Mushrooms, 5 medium (84 g/3.0 oz) | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 0 | 300 | 9 | 3 | 1 | 1 | 4 | 0 | 3 | 0 | 2 | 0 | 2 |
| Onion, 1 medium (148 g/5.3 oz) | 45 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 0 | 190 | 5 | 11 | 4 | 3 | 12 | 9 | 1 | 0 | 20 | 4 | 4 |
| Potato, 1 medium (148 g/5.3 oz) | 110 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 620 | 18 | 26 | 9 | 2 | 8 | 1 | 3 | 0 | 45 | 2 | 6 |
| Radishes, 7 radishes (85 g/3.0 oz) | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 55 | 2 | 190 | 5 | 3 | 1 | 1 | 4 | 2 | 0 | 0 | 30 | 2 | 2 |
| Summer squash, 1/2 medium (98 g/3.5 oz) | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 260 | 7 | 4 | 1 | 2 | 8 | 2 | 1 | 6 | 30 | 2 | 2 |
| Sweet corn, kernels from 1 medium ear (90 g/3.2 oz) | 90 | 20 | 2.5 | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 250 | 7 | 18 | 6 | 2 | 8 | 5 | 4 | 2 | 10 | 0 | 2 |
| Sweet Potato, 1 medium, 5" long, 2"diameter (130 g/4.6 oz) | 100 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 70 | 3 | 440 | 13 | 23 | 8 | 4 | 16 | 7 | 2 | 120 | 30 | 4 | 4 |
| Tomato, 1 medium (148 g/5.3 oz) | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 1 | 340 | 10 | 5 | 2 | 1 | 4 | 3 | 1 | 20 | 40 | 2 | 4 |

[1] Raw, edible weight portion. Percent (%) Daily Values are based on a 2,000 calorie diet.