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		Saturated Fat		Trans Fat	Cholesterol		Sodium		Potassium		Total Carbohydrate		Dietary Fiber		Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
			(g)	(%)	(g)	(%)	(g)	(mg)	(%)	(mg)	(%)	(mg)	(%)	(mg)	(%)	(g)	(%)	(g)	(g)	(%)	(%)	(%)	(%)
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.