

NUTRITIONAL ANALYSIS - VEGETABLES

VEGETABLES	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	PROTEIN	CARBOHYDRATES	FIBER
			Grams	Grams	Milligrams	Milligrams	Grams	Grams	Grams
Baked Beans	1/2 cup	157	0.5	0	0	522	7	36	7
Broccoli	1/2 cup	26	0	0	0	22	3	5	3
California Blend	1/2 cup	22	0	0	0	19	2	4	2
Carrots, Baby Fresh	1/2 cup	16	0	0	0	15	1	4	2
Cauliflower	1/2 cup	17	0	0	0	16	2	4	3
Celery Sticks, Fresh	1/2 cup	24	0	0	0	129	1	5	3
Coleslaw	1 cup	230	16	2.5	15	290	1	18	2
Corn	1/2 cup	65	0	0	0	4	2	16	4
Cucumbers, Fresh	1/2 cup	12	0	0	0	4	0.5	3	1
French Fries	4 ounces	228	8.5	1.5	0	300	4	35	3.5
Green Beans	1/2 cup	19	0	0	0	6	1	4	2
Lettuce, Iceberg	1 cup	7	0	0	0	5	0	1	1
Peas	1/2 cup	63	0	0	0	35	4	12	4
Potato Tots	1 cup	284	14	6.5	0	955	4	39	4
Potato Triangle	1 each	90	5	0.5	0	150	2	9	2
Potato Wedges	4 ounces	147	4	0.5	0	480	2.5	25	2.5
Potato, Baked	1 each	220	0	0	0	16	5	51	5
Potato, Mashed	1/2 cup	74	1	0	0	75	2	14	1
Potato, Smiles	1 cup	170	6.5	3.5	0	390	2	24	2
Potatoes, Au Gratin	1/2 cup	162	5	3	16	594	8	22	0.5
Refried Beans	1/2 cup	119	1.5	0.5	10	377	7	20	7
Spinach, Cooked	1/2 cup	27	0	0	0	82	3	5	3
Spinach, Fresh	1 cup	5	0	0	0	16	0	1	0.5
Squash	1/2 cup	40	0.5	0	0	1	1	9	3
Three Bean Salad	1/2 cup	92	6	1	0	220	2	9	2
Tomatoes, Fresh	1/2 cup	17	0	0	0	7	1	4	1
Zucchini	1/2 cup	19	0	0	0	4	1	5	2