

Vegetable Nutrition Facts



Vegetables	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	Raw			g	%DV	g	%DV	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV
Acorn Squash	2/3 cup diced	40	0	0	0	0	0	0	0	0	0	11	4	2	7	2	1	200	35	4	4
Alfalfa Sprouts	1/2 cup	5	0	0	0	0	0	0	0	0	0	1	0	0	0	0	1	0	2	0	0
Artichoke	1 medium	25	0	0	0	0	0	0	0	70	3	6	2	3	12	1	2	2	10	2	2
Arugula	1 1/2 cups chopped	10	0	0	0	0	0	0	0	10	0	1	0	0	0	0	1	15	8	4	2
Asparagus	5 spears	25	0	0	0	0	0	0	0	0	0	4	1	2	8	2	2	10	15	2	2
Beets	1 medium	50	5	0.5	1	0	0	0	0	150	6	11	4	2	8	6	1	0	4	0	0
Bell Pepper	1 medium	30	0	0	0	0	0	0	0	0	0	7	2	2	8	4	1	8	190	2	2
Bok Choy	1-1/2 cup chopped	10	0	0	0	0	0	0	0	45	2	2	1	1	2	1	1	15	45	6	2
Broccoli	1 medium stalk	45	5	0.5	1	0	0	0	0	55	2	8	3	5	20	3	5	15	220	6	6
Brussel Sprouts	4 sprouts	40	5	0.5	1	0	0	0	0	25	1	6	2	3	12	2	2	8	120	2	0
Butternut Squash	2/3 cup diced	40	0	0	0	0	0	0	0	0	0	11	4	2	7	2	1	200	35	4	4
Carrot	7 long	35	0	0	0	0	0	0	0	40	2	8	3	2	8	5	1	270	10	2	0
Cauliflower	1/6 medium	25	0	0	0	0	0	0	0	30	1	5	2	2	8	2	2	0	100	2	2
Celery	2 medium stalks	20	0	0	0	0	0	0	0	100	4	5	2	2	8	0	1	2	15	4	2
Collard Greens	2 cups chopped	25	0	0	0	0	0	0	0	30	1	5	2	1	4	2	1	50	30	2	0
Cucumber	1/3 medium	15	0	0	0	0	0	0	0	0	0	3	1	1	2	1	1	4	10	2	2
Eggplant	1 cup	20	0	0	0	0	0	0	0	0	0	5	2	2	8	3	1	2	2	0	2
Escarole	1 1/2 cups chopped	15	0	0	0	0	0	0	0	15	1	3	1	2	8	0	1	30	8	4	4
Fennel	1/3 medium bulb	25	0	0	0	0	0	0	0	40	2	6	2	2	8	0	1	2	15	4	4
Green Beans	3/4 cup cut	25	0	0	0	0	0	0	0	0	0	5	2	3	12	2	1	4	10	4	2
Green Cabbage	1/12 medium head	25	0	0	0	0	0	0	0	20	1	5	2	2	8	3	1	0	70	4	2

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helping you make great meals easy

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	Raw			g	%DV	g	%DV	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV
Green Onion	1/4 cup chopped	10	0	0	0	0	0	0	0	5	0	2	1	1	4	1	0	2	8	0	0
Iceberg Lettuce	1/6 medium head	15	0	0	0	0	0	0	0	10	0	3	1	<1	4	2	1	4	6	2	2
Jicama	1 cup sliced	45	0	0	0	0	0	0	0	0	0	11	4	6	24	3	1	0	40	2	4
Kale	1-1/2 cups chopped	50	5	0.5	1	0	0	0	0	45	2	1	0	2	8	0	3	310	200	15	10
Leaf Lettuce	1-1/2 cup shredded	15	0	0	0	0	0	0	0	30	1	4	1	2	8	2	1	40	8	4	0
Mushrooms	5 medium	20	0	0	0	0	0	0	0	0	0	3	1	1	4	0	3	0	2	0	2
Onion	1 medium	60	0	0	0	0	0	0	0	5	0	14	5	3	12	9	2	0	20	4	2
Potato	1 medium	100	0	0	0	0	0	0	0	0	0	26	9	3	12	3	4	0	45	2	6
Radishes	7	15	0	0	0	0	0	0	0	25	1	3	1	0	0	2	1	0	30	2	0
Rappi	1-1/2 cups chopped	20	0	0	0	0	0	0	0	30	1	2	1	2	9	0	3	45	30	10	10
Spaghetti Squash	1/2 cup	25	0	0	0	0	0	0	0	15	1	4	1	1	4	2	1	0	2	2	2
Spinach	1-1/2 cups shredded	40	0	0	0	0	0	0	0	160	7	10	3	5	20	0	2	70	25	6	20
Summer Squash	1/2 medium	20	0	0	0	0	0	0	0	0	0	4	1	2	8	2	1	6	30	2	2
Sweet Corn	1 medium ear	80	10	1	2	0	0	0	0	0	0	18	6	3	12	5	3	2	10	0	2
Sweet Potato	5" x 2"	130	0	0	0	0	0	0	0	45	2	33	11	4	16	7	2	440	30	2	2
Swiss Chard	2 cups chopped	15	0	0	0	0	0	0	0	150	6	3	1	1	4	0	1	90	35	4	6
Tomato	1 medium	35	5	0.5	1	0	0	0	0	5	0	7	2	1	4	4	1	20	40	2	2

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