



Calories in Vegetables

Vegetable	Measurement	Calories
1. Lettuce	1 cup (36 g)	5 calories
2. Spinach	1 cup (30 g)	7 calories
3. Celery	1 cup (100 g)	14 calories
4. Cucumber	1 cup (100 g)	16 calories
5. Radishes	1 cup (116 g)	18 calories
6. Zucchini	1 cup (113 g)	19 calories
7. Mushroom	1 cup (96 g)	21 calories
8. Cabbage	1 cup (90 g)	22 calories
9. Cauliflower	1 cup (107 g)	27 calories
10. Asparagus	1 cup (134 g)	27 calories
11. Pumpkin	1 cup (116 g)	30 calories
12. Green Beans	1 cup (100 g)	30 calories
13. Broccoli	1 cup (91 g)	31 calories
14. Tomatoes	1 cup (180 g)	36 calories
15. Turnips	1 cup (130 g)	36 calories
16. Bell Peppers	1 cup (135 g)	38 calories
17. Brussels Sprouts	1 cup (88 g)	38 calories
18. Winter Squash	1 cup (116 g)	40 calories
19. Onion	1 cup (115 g)	46 calories
20. Carrots	1 cup (128 g)	53 calories
21. Artichoke	1 artichoke (128 g)	60 calories
22. Potato	1 cup diced (150 g)	116 calories
23. Peas	1 cup (145 g)	118 calories
24. Sweet Potato	1 cup (150 g)	129 calories
25. Corn	1 cup (164 g)	177 calories