

# Vegetable Calorie List

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