



Halifax Seed Company Inc.

Information & Tips

Vegetable Nutrition Info

Our wonderful friends over at ChefLive (www.cheflive.ca) have compiled a list of the most common vegetables and have added their nutritional information along with vitamins and minerals. Use this chart to help make your weekly meal plans to ensure you are getting all the vitamins and minerals you need while keeping calories at a healthy level.

Vegetable	Serving Size	Cals.	Fat	Carbs	Fibre	Protein	Sodium	Vitamins/Minerals
Asparagus	6 spears, 1 cup or 0.3lbs	18	0g	3g	2g	2g	8mg	Potassium, Folate, Beta-carotene
Beans (yellow or Green)	1 cup	36	0g	8g	4g	2g	7mg	Potassium, folate, lutein, Vitamin K, beta-carotene
Beets	1 beet (5cm diameter)	35	0g	8g	2g	1g	64mg	Potassium, folate, beta-carotene, phosphorus, magnesium
Broccoli	1 cup (chopped)	32	0g	6g	2g	3g	31mg	Calcium, magnesium, potassium, phosphorus, selenium, beta-carotene, folate, Vitamin C, Vitamin K
Brussels Sprouts	4 Sprouts (1/4 cup)	33	0g	3g	3g	3g	15mg	Potassium, phosphorus, Beta-carotene, folate, Vitamin C
Cabbage (green)	1/2 cup	27	0g	5g	2g	3g	23mg	Vitamin C, folate, Vitamin K, phosphorus, Vitamin A, potassium, manganese, magnesium, vitamin B6
Cantaloupe	1 cup cubed	54	0g	13g	1g	1g	26mg	Potassium, Vitamin C, niacin, folate, Beta-carotene (vitamin A), Vitamin K
Carrots	1 medium carrot	25	0g	6g	2g	1g	42mg	Beta-carotene, potassium, phosphorus
Cauliflower	1/2 cup pieces	13	0g	3g	1g	1g	16mg	Potassium, Vitamin C
Celery	1 stalk	6	0g	1g	1g	0g	32mg	folate
Corn (on/off cob)	1/2 cup or 1 medium cob	88	0g	19g	2g	3g	15mg	Potassium, magnesium, folate, phosphorus, niacin, riboflavin, choline, leutin, thiamine

Vegetable	Serving Size	Cals.	Fat	Carbs	Fibre	Protein	Sodium	Vitamins/Minerals
Cucumber	1 medium with skin	45	0g	11g	2g	2g	6mg	Potassium, folate, choline, leutin, Vitamin K
Eggplant	1 cup cubed	84	0g	5g	3g	1g	2mg	Folate, choline, potassium, phosphorus
Endive	1/2 cup chopped	4	0g	1g	1g	0g	6mg	Potassium, folate, Beta-carotene, Vitamin K
Kale	1/2 cup chopped	19	0g	4g	1g	1g	16mg	Potassium, Beta-carotene, Vitamin C, Vitamin K
Kohlrabi	1 cup	36	0g	8g	5g	2g	27mg	Calcium, magnesium, potassium, phosphorus, folate, vitamin C, niacin
Leeks	1 cup or 1 leef (bulb and lower leaf)	54	0g	12g	2g	1g	18mg	Calcium, iron, potassium, folate, beta-carotene, vitamin K
Lettuce (green leaf)	1 cup shredded	5	0g	1g	0.5g	0.5g	10mg	Potassium, vitamin K, folate, beta-carotene, Vitamin C, leutin
Parsnips	1 cup sliced	100	0.5g	24g	7g	2g	13mg	Iron, calcium, thiamin, phosphorus, potassium, selenium, zinc, vitamin C, folate, vitamin K
Peas (podded)	10 peas or 1/2 cup	14	0g	3g	1g	1g	1g	Potassium, Vitamin C, folate, vitamin K, choline, leutin, vitamin A
Pepper, red	1 medium pepper	37	0g	7g	3g	1g	5mg	Vitamin C, potassium, folate, beta-carotene
Jalepeno pepper	1 small pepper	4	0g	1g	0.5g	0g	0mg	
Pepper, green	1 medium pepper	24	0g	6g	2g	1g	4mg	Vitamin C, potassium, folate, beta-carotene
Pumpkin	1 cup cubed	30	0g	8g	1g	1g	1mg	Vitamin A, potassium, riboflavin, folate, beta-carotene, lutein
Radicchio	1 cup shredded	9	0g	2g	0.5g	0.5g	9g	Vitamin K, Potassium, folate, lutein
Radish	3 medium radishes	2	0g	trace	0.2g	trace	5mg	
Spinach	1 cup chopped	7	0g	1g	1g	1g	25mg	Potassium, Vitamin A, folate, beta-carotene, lutein, Vitamin K, manganese, iron, copper, zinc
Squash (summer)	2 cups chopped or 1 medium	135	0g	7g	2g	2g	4mg	Vitamin C, Riboflavin, Vitamin B6, Folate, Vitamin A and beta-carotene, lutein

Vegetable	Serving Size	Cals.	Fat	Carbs	Fibre	Protein	Sodium	Vitamins/Minerals
Squash (winter)	2 cups chopped or 1 medium	80	0g	20g	4g	2g	10mg	Potassium, Vitamin A, Beta-carotene, Lutein, Folate
Swiss Chard	1/2 cup chopped	18	0g	4g	2g	2g	165mg	Potassium, Vitamin A, beta-carotene, Vitamin C
Tomato (year round average)	1 medium	22	0g	5g	1.5g	1g	6mg	Potassium, Lycopene, Vitamin C, Vitamin A
Turnips & Rutabagas	1/2 cup chopped	18	0g	4g	2g	1g	13mg	Vitamin C
Watermelon	1 cup chopped	46	0g	11g	0.5g	1g	2mg	Vitamin C, Potassium, Beta-carotene, Vitamin A, lycopene