

Vegetable Calorie Counter

NOTE: THIS IS A VEGETABLE CALORIE COUNT LIST

**YOU STILL NEED TO CHECK YOUR GROCERY
SHOPPING LIST FOR
ALLOWED VEGETABLES**



Artichokes, 1 artichoke 67	Collards, fresh, 1 cup 42
Asparagus, fresh, 1 cup, boiled 36	Corn on the cob, 1 5 in. ear 70
Asparagus, canned, 1 10 1/2 oz. can 54	Corn, canned whole kernel, 1 can--10 oz. 360
Baked beans, 1 cup, canned, w/o pork 306	Corn, cooked, 1 cup 140
Bean curd, 4 oz. 81	Corn, creamed, 1 can, 15 1/2 oz. 320
Bean sprouts, boiled, 1 cup 35	Cucumbers, each 30
Bean sprouts, raw, 1 cup 37	Eggplant, 1 cup, boiled 38
Beets, 1 cup, fresh 54	Eggplant sticks, fried, Mrs. Paul's, 3 1/2 oz. 240
Beets, canned, 1 can, 10 1/2 oz. 109	Garbanzos, dry, 1 cup 367
Blackeye peas, 1 cup 178	Garden medley, Green Giant, 1 can--beans, carrots, corn 158
Broccoli, cooked, 1 cup 40	Garlic, raw, 1 clove 4
Brussel sprouts, 1 cup, fresh 56	Great northern beans, 1 cup 212
Butternut squash, baked--1 cup 139	Green beans, boiled, 1 cup 31
Cabbage, cooked, 1 cup 31	Green beans, canned, Del Monte, 1 16 oz. can 80
Cabbage, raw, shredded, 1 cup 17	Green beans, low sodium, Del Monte, 1 16 oz. can 80
Carrot, raw, 1 carrot 30	Green pepper, 1 pepper, 1/5 pound 16
Carrots, cooked, 1 cup 45	Green pepper, diced, 1 cup 33
Carrots, sliced, 1 cup 48	Grits, Quaker, 1 cup 133
Cauliflower, boiled, 1 cup 28	Hotdog relish, 1 oz., Vlasic 40
Cauliflower, raw, 1 cup, chopped 31	Kale, fresh, 1 cup 43
Celery, 3 small stalks, 5 in. 9	Kale, frozen, 1 cup 40
Chard, fresh, 1 cup 32	Kidney beans, canned, 1 cup 230
Coleslaw with French dressing, 1 cup 114	Kidney beans, dried, 1 cup, cooked 218
Coleslaw with salad dressing, 1 cup 119	Lentils, 1 cup 212
Collards, canned, 1 cup 51	

Lettuce, iceberg, 1 cup, shredded 7
Lettuce, iceberg, 1 head 70

Lima beans, 1 cup 189
Mushrooms, 1 cup, chopped 20

Mustard greens, fresh, 1 cup 32
Mustard greens, frozen, 1 cup 30

Navy beans, 1 cup 224
Okra, fried, 3 oz., Ore-Ida 170

Olives, green, 10 large 45
Olives, ripe, 10 extra large 61

Onions, raw, 1 cup 65
Peas, cooked, 1 cup 115

Pickles, dill, 1 pickle--3 3/4 x 1 1/4 in. 7
Pickles, dill, 1 oz. 4

Pickles, sweet, 1 oz. 30
Pinto beans, 1 cup 228

Potato, baked, 2 1/3 x 4 3/4 in. 145
Potato, boiled, medium, pared, 2 1/2 in. 88

Potato, boiled, large, pared, 2.3 x 4.7 in. 146
Potato, french fries, 3 oz. 130

Potato, frozen french fries, 3 oz. 120
Potato, frozen hash browns, 2 1/2 oz. 140
Potato, microwave hash browns, 2 oz. 120

Potatoes, mashed instant, from flakes, 1 cup 195
Potatoes, mashed with milk, 1 cup 137

Radish, 10 medium radishes 8
Radish, 1 cup sliced 20

Refried beans, 1 cup--Old El Paso 200
Refried beans with green chili, 1 cup--Old El Paso 200

Refried beans with sausage, 1 cup--Old El Paso 720
Rice a Roni, wild rice--1/4 box 110

Rice pilaf, Green Giant--1 cup 220
Rice, brown, 1 cup, cooked 232

Rice, fried, 1 cup 418
Rice, instant, 1 cup, cooked 180

Rice, white, 1 cup, cooked 223
Suerkraut, canned, 1 cup 42

Snow peas, 1 package, LaChoy 70
Spinach, fresh, 1 cup 14

Spinach, frozen, 1 cup 46
Squash, 1 cup 30

Sugar snap peas, Green Giant, 1 cup 50
Sweet potatoes, canned, 1 cup 216

Sweet potatoes, fresh, 5 x 2 in., boiled 172
Tater Tots, 3 oz.--Ore Ida 150

Tofu, 4 oz. 81
Tomato, raw, 1 tomato 26

Tomatoes, canned, 1 can--16 oz. 95
Turnip greens, canned, 1 cup 42

Turnip greens, fresh, 1 cup 29
Turnip greens, frozen, 1 cup 38

Watermelon, 1 cup 42
Zucchini, 1 cup 22