

Vegetables

Calories Cal from Fat Sodium Carb Fiber Protein Sugars
in milligrams in grams in grams in grams in grams in Grams

FROZEN

Broccoli AP .75	25	0	15	5	3	3	1
Broccoli, ½ cup Comm	25	0	20	5	3	3	1
California Blend, ½ cup	25	0	30	5	3	2	2
Corn AP 1/2C	100	1	0	21	1	3	5
Corn, ½ cup Comm	70	1	0	16	2	2	3
Peas, .67 C	70	0	0	12	4	5	4
Mixed Vegetables, .67 C	60	0	20	12	3	2	4
Brussel Sprouts 1/2C	35	0	10	7	3	3	0

CANNED

Baked Beans, 3/4 cup	140	0	370	30	5	5	12
Green Beans, ½ cup Comm	15	0	140	3	2	1	1
Canned Carrot AP .75	20	0	250	4	1	0	2
Sliced carrots, ½ cup Comm	20	0	250	4	1	0	2
Corn 1/2 C Comm	70	1	15	15	2	2	3

FRESH

Baby Carrots 1/2C	50	0	90	12	4	1	6
Broccoli 1/2C	25	0.3	33	6	5	4	2
Celery, 4-6 med. sticks	15	0	80	3	2	1	2
Chopped Romaine Lett 1C	10	0	0	2	1	1	1
Shred romaine lettuce, 1C	10	0	0	2	1	1	1
Radishes, 4 medium	10	0	25	2	1	0	1
Cucumber Slices 1C	10	0	0	2	0	0	1
Grape Tomatoes 1/2C	15	0	5	4	1	1	2.5

Potatoes

Baker Potatoes -3 oz	70	0	5	15	2	2	1
Mashed Potatoes 3.69oz	70	0	330	15	1	2	0
Mashed Poto 3.88oz aPrpd	80	1.5	250	15	1	2	0
Baby Bakers 3.29 oz.	100	2	180	17	0	3	0
French Fries CC 2.06oz	90	3	115	14		1	0
Sidewinder Fries 2.11oz	90	3.5	260	14	1	1	0
Hash Brown Triangle 1	100	5	220	13	1	1	0
Hash Brown Triangle 2	200	10	440	26	2	2	0
Hash Brown Cubes 2.91oz	130	6	270	18	2	2	1
Hash Brown Patty 2	260	13	490	29	4	4	0

Tator Tots 2.52oz	130	6	310	16	2	2	0
Sweet Potato Waffle 2.99oz	150	6	170	23	2	2	5
Potato Smiles 2.4oz	120	4	80	18	2	2	0

11/12/19