

Vegetables

Calories
 Calories from Fat Sodium Carb Fiber Protein
 in milligrams in grams in grams in grams

FROZEN

| | | | | | | |
|-------------------------|----|---|----|----|---|---|
| Peas, ½ cup | 62 | 2 | 58 | 11 | 4 | 4 |
| Corn, ½ cup | 66 | 5 | 1 | 16 | 2 | 2 |
| Broccoli, ½ cup | 74 | 7 | 68 | 14 | 9 | 8 |
| California Blend, ½ cup | 15 | 0 | 12 | 3 | 1 | 1 |
| Mixed Vegetables, ½ cup | 70 | 0 | 60 | 11 | 3 | 2 |

CANNED

| | | | | | | |
|-----------------------|-----|----|-----|----|---|---|
| Sliced carrots, ½ cup | 30 | 0 | 370 | 6 | 2 | 0 |
| Green beans, ½ cup | 21 | 1 | 329 | 4 | 2 | 0 |
| Baked beans, ½ cup | 150 | 12 | 377 | 26 | 6 | 6 |

FRESH

| | | | | | | |
|----------------------------|-----|---|-----|----|---|---|
| Baby Carrots, .67 cup | 35 | 0 | 45 | 6 | 2 | 0 |
| Broccoli, ½ cup | 12 | 1 | 12 | 2 | 0 | 1 |
| Celery, 3 medium sticks | 14 | 1 | 68 | 3 | 1 | 1 |
| Shred iceberg lettuce, ½ c | 5 | 0 | 3 | 1 | 0 | 0 |
| Radishes, 4 medium | 15 | 0 | 12 | 2 | 0 | 0 |
| Mashed potatoes, ½ cup | 76 | 9 | 345 | 15 | 1 | 2 |
| Hash Brown Stick | 100 | 4 | 280 | 15 | 1 | 1 |
| Hash Brown Patty | 131 | 7 | 244 | 15 | 2 | 1 |