

YOUR VEGETABLE ENCYCLOPEDIA

CALORIES & CARBOHYDRATE CONTENT PER 100G SERVING
(LISTED LOW TO HIGH) FOR VARIOUS VEGETABLE TYPES



Broccoli

Carbs: 0.4g Calories: 24



Cucumber

Carbs: 1.2g Calories: 9



Mushrooms

Carbs: 1.3g Calories: 17



Zucchini

Carbs: 1.7g Calories: 13



Iceberg Lettuce

Carbs: 2.1g Calories: 12



Brussels Sprout

Carbs: 2.1g Calories: 27



Eggplant

Carbs: 2.6g Calories: 17



Tomato

Carbs: 3g Calories: 15



Capsicum

Carbs: 4.4g Calories: 25



Carrot

Carbs: 6.6g Calories: 28



Pumpkin (Butternut)

Carbs: 6.7g Calories: 31



Beetroot

Carbs: 8.4g Calories: 41



White Potato

Carbs: 11.5g Calories: 56



Corn

Carbs: 12.5g Calories: 80



Sweet Potato

Carbs: 14.1g Calories: 65