

Vegetable Nutrition

Approximate values per 1/2 cup serving

Values are approximate. A half cup is a volume rather than a standard weight, so serving weights vary substantially. Raw or cooked preparation is specified for each vegetable. Digestible carbs means available carbohydrate that is digested and absorbed as glucose, excluding fibre.

Vegetable and preparation (1/2 cup)	Approx weight	Protein	Fibre	Digestible carbs (glucose)	Kilo- calories
Lettuce, raw, shredded	24 g	0.3 g	0.5 g	0.4 g	4
Tomato, raw, chopped	90 g	0.8 g	1.1 g	2.4 g	16
Cucumber, raw, sliced	52 g	0.3 g	0.3 g	1.6 g	8
Onion, raw, chopped	80 g	0.9 g	1.4 g	6.0 g	32
Potato, boiled, diced	78 g	1.5 g	1.4 g	13.2 g	68
Kumara, cooked, cubed	100 g	2.0 g	3.3 g	17.4 g	90
Pumpkin, cooked, mashed	120 g	1.0 g	1.4 g	4.6 g	25
Carrot, cooked, sliced	78 g	0.6 g	2.3 g	4.1 g	27
Leek, cooked, sliced	62 g	0.8 g	1.1 g	3.8 g	19
Green peas, cooked	80 g	4.3 g	4.4 g	7.6 g	67
Sweetcorn kernels, cooked	82 g	2.6 g	2.0 g	15.3 g	79
Green beans, cooked	63 g	1.2 g	2.0 g	2.5 g	22
Mushrooms, raw, sliced	35 g	1.1 g	0.4 g	0.8 g	8
Spinach, raw, loosely packed	15 g	0.4 g	0.3 g	0.2 g	4
Broccoli, cooked	78 g	1.9 g	2.6 g	3.1 g	27
Cauliflower, cooked	62 g	1.1 g	1.4 g	1.8 g	14

Vegetable and preparation (1/2 cup)	Approx weight	Protein	Fibre	Digestible carbs (glucose)	Kilo- calories
Cabbage, cooked	75 g	0.9 g	1.4 g	2.7 g	17
Capsicum, raw, chopped	75 g	0.8 g	1.6 g	3.6 g	23
Courgette, cooked, sliced	90 g	1.1 g	1.0 g	2.2 g	15
Beetroot, cooked, sliced	85 g	1.4 g	1.7 g	6.8 g	37
Avocado, raw, cubed	75 g	1.5 g	5.0 g	1.4 g	120
Eggplant, cooked, cubed, without oil	50 g	0.4 g	1.3 g	1.7 g	18

Reference basis: New Zealand Food Composition Database and standard household-measure data. Check packaging or a food-composition database when precision matters.