

Protein Dictionary

Vegetables

All protein values are in grams.

White Potatoes

White potato	
1 cup	2.7
1 medium (2-1/4" to 3" dia, raw)	2.8
1 large (3" to 4-1/4" dia, raw)	5
1 small (1-3/4" to 2-1/4" dia, raw)	2.1
White potato, raw, with or without peel (peel not eaten)	
1 medium (2-1/4" to 3" dia, raw)	4.3
1 large (3" to 4-1/4" dia, raw)	7.5
1 small (1-3/4" to 2-1/4" dia, raw)	3.4
White potato, dry, powdered, not reconstituted	
1 cup	3.8
1 cup, flakes, dry	3.8
1 cup, granules, dry	16.7
White potato, baked, peel not eaten	
1 cup	2.5
1 oz, raw, yields	0.4
1 medium (2-1/4" to 3" dia, raw)	2.6
1 large (3" to 4-1/4" dia, raw)	4.4
1 small (1-3/4" to 2-1/4" dia, raw)	2
White potato, baked, peel eaten	
1 cup	3.1
1 oz, raw, yields	0.6
1 medium (2-1/4" to 3" dia, raw)	4.3
1 large (3" to 4-1/4" dia, raw)	7.4
1 small (1-3/4" to 2-1/4" dia, raw)	3.5
1 baby potato	1.2
White potato, baked, peel eaten, fat not added in cooking	
1 cup	3
1 oz, raw, yields	0.6
1 medium (2-1/4" to 3" dia, raw)	4.3
1 large (3" to 4-1/4" dia, raw)	7.4
1 small (1-3/4" to 2-1/4" dia, raw)	3.4
1 baby potato	1.2
White potato, baked, peel eaten, fat added in cooking	
1 cup	3.1
1 oz, raw, yields	0.6
1 medium (2-1/4" to 3" dia, raw)	4.3
1 large (3" to 4-1/4" dia, raw)	7.4
1 small (1-3/4" to 2-1/4" dia, raw)	3.5
1 baby potato	1.2
White potato skins, with adhering flesh, baked	
Skin from 1 small (1-3/4" to 2-1/4" dia, raw)	1.1
Skin from 1 medium (2-1/4" to 3" dia, raw)	1.4
Skin from 1 large (3" to 4-1/4" dia, raw)	2.3

White potato, boiled, without peel	
1 cup	2.7
1 oz, raw, yields	0.4
1 medium (2-1/4" to 3" dia, raw)	2.9
1 large (3" to 4-1/4" dia, raw)	5.1
1 small (1-3/4" to 2-1/4" dia, raw)	2.2
1 canned potato (approx 1" dia)	0.6

White potato, boiled, without peel, fat not added in cooking	
1 cup	2.7
1 cup, mashed	3.9
1 oz, raw, yields	0.4
1 medium (2-1/4" to 3" dia, raw)	2.8
1 large (3" to 4-1/4" dia, raw)	5.1
1 small (1-3/4" to 2-1/4" dia, raw)	2.1
1 canned potato (approx 1" dia)	0.6

White potato, boiled, without peel, fat added in cooking	
1 cup	2.7
1 oz, raw, yields	0.4
1 medium (2-1/4" to 3" dia, raw)	2.9
1 large (3" to 4-1/4" dia, raw)	5.1
1 small (1-3/4" to 2-1/4" dia, raw)	2.2
1 canned potato (approx 1" dia)	0.6

White potato, boiled, with peel	
1 cup	2.9
1 oz, raw, yields	0.5
1 medium (2-1/4" to 3" dia, raw)	3.7
1 large (3" to 4-1/4" dia, raw)	6.4
1 small (1-3/4" to 2-1/4" dia, raw)	3
1 baby potato	0.9

White potato, boiled, with peel, fat not added in cooking	
1 cup	2.9
1 oz, raw, yields	0.5
1 medium (2-1/4" to 3" dia, raw)	3.7
1 large (3" to 4-1/4" dia, raw)	6.5
1 small (1-3/4" to 2-1/4" dia, raw)	3
1 baby potato	0.9

White potato, boiled, with peel, fat added in cooking	
1 cup	2.9
1 oz, raw, yields	0.5
1 medium (2-1/4" to 3" dia, raw)	3.7
1 large (3" to 4-1/4" dia, raw)	6.4
1 small (1-3/4" to 2-1/4" dia, raw)	3
1 baby potato	0.9

White potato, boiled, without peel, canned, low sodium	
1 cup	2.6
1 canned potato (approx 1" dia)	0.5

White potato, boiled, without peel, canned, low sodium, fat not added in cooking	
1 cup	2.5
1 canned potato (approx 1" dia)	0.5

White potato, boiled, without peel, canned, low sodium, fat added in cooking	
1 cup	2.6
1 canned potato (approx 1" dia)	0.5
White potato, roasted	
1 cup	2.9
1 oz, raw, yields	0.4
1 medium (2-1/4" to 3" dia, raw)	3.2
1 large (3" to 4-1/4" dia, raw)	5.4
1 small (1-3/4" to 2-1/4" dia, raw)	2.6
White potato, roasted, fat not added in cooking	
1 cup	3
1 oz, raw, yields	0.4
1 medium (2-1/4" to 3" dia, raw)	3.3
1 large (3" to 4-1/4" dia, raw)	5.7
1 small (1-3/4" to 2-1/4" dia, raw)	2.6
White potato, roasted, fat added in cooking	
1 cup	2.9
1 oz, raw, yields	0.4
1 medium (2-1/4" to 3" dia, raw)	3.2
1 large (3" to 4-1/4" dia, raw)	5.4
1 small (1-3/4" to 2-1/4" dia, raw)	2.6
Stewed potatoes, Puerto Rican style (Papas guisadas)	
1 cup	5
1 medium	3.4
1 large	5.2
1 small	2.6
Potato only from Puerto Rican mixed dishes, gravy and other components reported separately	
1 cup	3.1
1 medium	2.2
1 large	3.2
1 small	1.6
Potato from Puerto Rican style stuffed pot roast, with gravy	
1 cup	4.9
1 medium	3.3
1 large	5
1 small	2.5
Potato from Puerto Rican beef stew, with gravy	
1 cup	5.7
1 medium	3.9
1 large	5.8
1 small	3

Potato from Puerto Rican chicken fricassee, with sauce	
1 cup	4.3
1 medium	2.9
1 large	4.4
1 small	2.2
White potato, chips	
1 cup, regular	1.6
1 cup, rippled, ruffled or crinkle cut	2.1
1 cup, crushed	3.7
1 cup	1.6
1 chip	0.1
1 single serving bag	1.8
1 grab-size bag	3.3
1 chip, rippled, ruffled or crinkle cut	0.2
1 chip, regular	0.1
White potato, chips, reduced fat	
1 cup, regular	1.4
1 cup, rippled, ruffled or crinkle cut	1.9
1 cup, crushed	4
1 chip	0.1
White potato, chips, fat free	
1 cup	1.9
1 chip	0.1
White potato, chips, fat free, made with Olean	
1 cup, regular	1.5
1 cup, rippled, ruffled or crinkle cut	2
1 cup	2
1 chip, regular	0.1
1 chip, rippled, ruffled or crinkle cut	0.1
1 chip	0.1
1 single serving bag	1.6
White potato, chips, restructured	
1 Krunch Twist	0.1
1 cup	1.5
1 cup, loose (approx 13 chips)	1.5
1 cup, stacked (approx 20 chips)	2.5
1 cup, Krunch Twists, loose	2.4
1 cup, crushed	3.3
1 cup, Krunch Twists, crushed	4.1
1 1-inch stack (approx 14 chips)	1.7
1 can (6 oz)	10
1 chip	0.1
1 small can	5
1 snack size container	1.4

White potato, chips, restructured, reduced fat and reduced sodium	
1 cup, loose (approx 13 chips)	1.5
1 cup, stacked (approx 20 chips)	2.4
1 cup, crushed	3.1
1 1-inch stack (approx 14 chips)	1.6
1 cup	1.5
1 chip	0.1
White potato, chips, restructured, fat free, made with Olean	
1 cup	1.4
1 1-inch stack (approx 14 chips)	1.4
1 chip	0.1
White potato, chips, restructured, baked	
1 cup	1.4
1 single serving bag	1.6
1 chip	0.1
Potato based snacks, reduced fat, low sodium, all flavors	
1 cup	0.7
1 crisp	0
White potato, chips, unsalted	
1 cup	1.4
1 cup, crushed	3.9
1 chip	0.1
1 single serving bag	2
White potato, chips, unsalted, reduced fat	
1 cup	1.4
1 cup, crushed	4
1 chip	0.1
Potato puffs, cheese-filled	
1 cup	6.3
1 oz (18 puffs)	2.6
1 puff	0.1
White potato, sticks	
1 cup	2.5
1 single serving bag	1.9
10 sticks	0.2
White potato skins, chips	
1 cup	1.5
1 cup, loose	1.5
1 cup, stacked	2.5
1 1-inch stack	1.7
1 cup, crushed	5.4
1 chip	0.1
White potato, cooked, with sauce	
1 cup	5.7
White potato, cooked, with cheese	
1 cup	10.8
1 5-1/2 oz package, dry, yields	36.3

White potato, cooked, with ham and cheese	
1 cup	14.6
White potato, scalloped	
1 cup	6.3
1 5-1/2 oz package, dry, yields	22.8
White potato, scalloped, with ham	
1 cup	12
White potato, french fries	
1 cup	2
1 cup, curly fries	2.8
1 oz, raw, yields	0.5
1 order	2
10 spirals, twists, curly fries	2.8
1 waffle fries order	3.5
10 strips	1.7
10 waffle fries	2.9
White potato, french fries, from fresh, deep fried	
1 cup	2.2
1 oz, raw, yields	0.5
1 medium (2-1/4" to 3" dia, raw) yields	2.6
1 large (3" to 4-1/4" dia, raw) yields	3.9
1 small (1-3/4" to 2-1/4" dia, raw) yields	2
10 strips	1.9
10 wedges	3.4
White potato, french fries, from frozen, oven baked	
1 cup	1.5
1 cup, curly fries	2.2
10 crinkle cuts	1.4
10 spirals, twists, curly fries	2.2
10 straight cuts	1.1
10 steak cut/dinner fries	2.3
10 strips	1.3
10 shoestrings	0.5
10 wedges	2.3

White potato, french fries, from frozen, deep fried	
1 "super" fast food order	7.3
1 cup	2.1
1 cup, curly fries	3
1 large fast food order	6.6
1 fast food order	4.6
10 crinkle cuts	2
10 spirals, twists, curly fries	3
1 small fast food order	3.2
1 medium fast food order	4.6
10 straight cuts	1.6
10 steak cut/dinner fries	3.3
10 strips	1.9
10 shoestrings	0.7
10 wedges	3.3
10 waffle fries	3.1
White potato, french fries, breaded or battered	
1 cup, curls	5.1
1 cup, strips	3.3
1 cup	4.2
10 curls	3.1
1 fast food order	7.9
1 large fast food order	11.5
1 Jack-in-the-Box order	7.3
1 Arby's small order	5.8
1 Arby's medium order	7.5
1 Arby's large order	11.5
10 strips	2.9
1 Popeyes order	5.1
1 KFC order	5.9
White potato, home fries	
1 cup	4.3
1 oz, raw, yields	0.3
1 medium (2-1/4" to 3" dia, raw) yields	1.5
1 large (3" to 4-1/4" dia, raw) yields	2.3
1 long type (2-1/3" dia, 4-3/4" long, raw) yields	2.5
1 small (1-3/4" to 2-1/4" dia, raw) yields	1.1
1 slice	0.4
White potato, home fries, with green or red peppers and onions	
1 cup	2.9
White potato, hash brown	
1 cup	4.6
1 oz, raw, yields	0.5
1 patty	1.7
White potato, hash brown, from fresh	
1 cup	4.6
1 oz, raw, yields	0.7
1 medium (2-1/4" to 3" dia, raw) yields	3.5
1 large (3" to 4-1/4" dia, raw) yields	5.2
1 long type (2-1/3" dia, 4-3/4" long, raw) yields	5.7
1 small (1-3/4" to 2-1/4" dia, raw) yields	2.6

White potato, hash brown, from frozen	
1 cup	3.8
1 cubic inch	0.4
1 oz frozen patties yields	0.7
1 cup, frozen, yields	2.5
1 oz, frozen, yields	0.5
1 oz, cooked	0.7
1 patty	1.7
1 oval patty (approx 4-1/2" x 2-1/4" x 1/2")	1.7
1 oval patty (approx 3" x 1-1/2" x 1/2")	0.8
1 rectangular patty (approx 5-1/2" x 3-3/4" x 1/2")	4.2
1 rectangular patty (approx 3" x 1-1/2" x 1/2")	0.9
1 Burger King order	1.9
1 McDonald's order	1.4
1 Hardee's order	2.1
White potato, hash brown, from dry mix	
1 cup	4.9
1 oz, dry, yields	2.9
White potato, hash brown, with cheese	
1 cup	7.7
1 patty	2.7
White potato skins, with adhering flesh, fried	
1 cup	7.4
1 order (10 halves)	20.7
Skin from 1 small (1-3/4" to 2-1/4" dia, raw)	1.7
Skin from 1 medium (2-1/4" to 3" dia, raw)	2.3
Skin from 1 large (3" to 4-1/4" dia, raw)	3.2
Skin from 1 long type (2-1/3" dia, 4-3/4" long)	3.5
White potato skins, with adhering flesh, fried, with cheese	
1 cup	20.4
1 order (10 halves)	33.7
Skin from 1 small (1-3/4" to 2-1/4" dia, raw)	2.2
Skin from 1 medium (2-1/4" to 3" dia, raw)	3
Skin from 1 large (3" to 4-1/4" dia, raw)	4.5
Skin from 1 long type (2-1/3" dia, 4-3/4" long)	5
White potato skins, with adhering flesh, fried, with cheese and bacon	
1 order (10 halves)	60.3
Skin from 1 small (1-3/4" to 2-1/4" dia, raw)	5
Skin from 1 medium (2-1/4" to 3" dia, raw)	6
Skin from 1 large (3" to 4-1/4" dia, raw)	10
Skin from 1 long type (2-1/2" dia, 4-3/4" long)	10.8
White potato, mashed	
1 cup	3.8
1 medium (2-1/4" to 3" dia, raw) yields	2.7
1 large (3" to 4-1/4" dia, raw) yields	4
1 long type (2-1/3" dia, 4-3/4" long, raw) yields	4.4
1 small (1-3/4" to 2-1/4" dia, raw) yields	2

White potato, from fresh, mashed, made with milk	
1 cup	4
1 medium (2-1/4" to 3" dia, raw) yields	2.8
1 large (3" to 4-1/4" dia, raw) yields	4.2
1 long type (2-1/3" dia, 4-3/4" long, raw) yields	4.6
1 small (1-3/4" to 2-1/4" dia, raw) yields	2.1
White potato, from fresh, mashed, made with milk, sour cream and/or cream cheese	
1 cup	5.2
White potato, from fresh, mashed, made with milk and fat	
1 cup	3.9
1 medium (2-1/4" to 3" dia, raw) yields	2.7
1 large (3" to 4-1/4" dia, raw) yields	4
1 long type (2-1/3" dia, 4-3/4" long, raw) yields	4.5
1 small (1-3/4" to 2-1/4" dia, raw) yields	2
White potato, from fresh, mashed, made with milk, sour cream and/or cream cheese and fat	
1 cup	5
White potato, from fresh, mashed, made with fat	
1 cup	3.5
1 medium (2-1/4" to 3" dia, raw) yields	2.4
1 large (3" to 4-1/4" dia, raw) yields	3.6
1 long type (2-1/3" dia, 4-3/4" long, raw) yields	4
1 small (1-3/4" to 2-1/4" dia, raw) yields	1.8
White potato, from dry, mashed, made with milk and fat	
1 cup	3.7
1 oz, dry, yields	3.1
1 cup, dry, yields	7.6
White potato, from fresh, mashed, made with milk, fat and cheese	
1 cup	6.2
1 medium (2-1/4" to 3" dia, raw) yields	4.7
1 large (3" to 4-1/4" dia, raw) yields	7.1
1 long type (2-1/3" dia, 4-3/4" long, raw) yields	7.8
1 small (1-3/4" to 2-1/4" dia, raw) yields	3.5
White potato, from fresh, mashed, made with sour cream and/or cream cheese and fat	
1 cup	5
White potato, from dry, mashed, made with milk, fat and egg	
1 cup	16.7
1 oz, dry mix, prepared	9.9
White potato, from dry, mashed, made with milk, fat, egg and cheese	
1 cup	18.3
1 oz, dry mix, prepared	10.8

White potato, from fresh, mashed, not made with milk or fat	
1 cup	3.9
1 medium (2-1/4" to 3" dia, raw) yields	2.1
1 large (3" to 4-1/4" dia, raw) yields	3.1
1 long type (2-1/3" dia, 4-3/4" long, raw) yields	3.4
1 small (1-3/4" to 2-1/4" dia, raw) yields	1.6
White potato, from dry, mashed, made with milk, no fat	
1 cup	3.8
1 oz, dry, yields	3.2
1 cup, dry, yields	7.8
White potato, from complete dry mix, mashed, made with water	
1 cup (2 servings)	4.5
White potato, from dry, mashed	
1 cup	3.6
1 oz, dry, yields	3.1
1 cup, dry, yields	7.5
White potato, from fresh, mashed	
1 cup	4.5
1 medium (2-1/4" to 3" dia, raw) yields	3.1
1 large (3" to 4-1/4" dia, raw) yields	4.7
1 long type (2-1/3" dia, 4-3/4" long, raw) yields	5.2
1 small (1-3/4" to 2-1/4" dia, raw) yields	2.4
White potato, patty	
1 cup	8.4
1 patty (3" to 3-1/2" dia)	3
White potato, puffs	
1 cup	2.6
10 puffs	1.6
10 Crispy Crowns	1.2
1 tater tot	0.2
White potato, stuffed, baked, peel not eaten	
1 medium	4.1
1 large	7.1
1 small	3.3
White potato, stuffed, baked, peel not eaten, stuffed with butter or margarine	
1 cup	2.7
1 medium	2.7
1 large	4.6
1 small	2
White potato, stuffed, baked, peel not eaten, stuffed with sour cream	
1 cup	4.3
1 medium	4.4
1 large	7.6
1 small	3.5

White potato, stuffed, baked, peel not eaten, stuffed with cheese
1 cup 9
1 medium 7.8
1 large 13.5
1 small 6.2
1/2 potato, frozen 6.6

White potato, stuffed, baked, peel not eaten, stuffed with chili
1 cup 5.9
1 medium 6.3
1 large 10.8
1 small 5

White potato, stuffed, baked, peel not eaten, stuffed with broccoli and
cheese sauce
1 cup 5.5
1 Weight Watchers entree 8
1 medium 5.6
1 large 9.8
1 small 4.5

White potato, stuffed, baked, peel not eaten, stuffed with meat in
cream sauce
1 cup 8.6
1 medium 9.1
1 large 15.8
1 small 7.3

White potato, stuffed, baked, peel not eaten, stuffed with chicken,
broccoli and cheese sauce
1 Weight Watchers entree (11 oz) 27

White potato, stuffed, baked, peel eaten
1 medium 6.2
1 large 10.6
1 small 4.9

White potato, stuffed, baked, peel eaten, stuffed with butter or
margarine
1 medium 4.6
1 large 7.7
1 small 3.5

White potato, stuffed, baked, peel eaten, stuffed with sour cream
1 medium 6.2
1 large 10.6
1 small 4.9

White potato, stuffed, baked, peel eaten, stuffed with cheese
1 medium 11.4
1 large 19.7
1 small 9.1
1/2 potato, frozen 7.7

White potato, stuffed, baked, peel eaten, stuffed with chili
1 medium 8
1 large 13.8
1 small 6.4

White potato, stuffed, baked, peel eaten, stuffed with broccoli and cheese sauce

1 Weight Watchers entree	9.3
1 medium	7.4
1 large	12.7
1 small	5.9

White potato, stuffed, baked, peel eaten, stuffed with meat in cream sauce

1 medium	10.9
1 large	18.8
1 small	8.7

White potato, stuffed, baked, peel eaten, stuffed with bacon and cheese

1 medium	11.9
1 large	20.6
1 small	9.5

White potato, stuffed, baked, peel not eaten, stuffed with bacon and cheese

1 medium	10.1
1 large	17.6
1 small	8.1

White potato, stuffed, baked, peel eaten, stuffed with chicken, broccoli and cheese sauce

1 Weight Watchers entree (11 oz)	26.6
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White potato, stuffed with ham, broccoli and cheese sauce, baked, peel eaten

1 Weight Watchers entree (11 oz)	16.2
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Potato salad with egg

1 cup	5.3
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Potato salad, German style

1 cup	4.4
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Potato salad

1 cup	3.2
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Potato pancake

1 cup	8.2
1 surface inch	0.2
1 pancake (2-3/4" dia, 1/8" thick)	1
1 pancake (3-1/4" x 3-5/8" x 1/4" thick)	1.7
1 pancake (frozen)	1.9

Norwegian Lefse, potato and flour pancake

1 surface inch	0.1
1 lefse (about 6" dia)	1.4
1 lefse (about 9" dia)	3.2
1 lefse	3.2

Potato pudding

1 cup	8
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Stewed potatoes, Mexican style (Papas guisadas)	
1 cup	4.2
Stewed potatoes with tomatoes, Mexican style (Papas guisadas con tomate)	
1 cup	3.6
Stewed potatoes with tomatoes	
1 cup	3.4
Potato soup	
1 cup	3.7
Potato soup, cream of, prepared with milk	
1 cup	5.8
1 can (10.75 oz), prepared to directions	14
1 can (13 oz), ready-to-eat	8.6
Potato soup, prepared with water	
1 cup	1.8
1 can (10.75 oz), prepared to directions	4.3
Potato soup, instant, made from dry mix	
1 cup	1.8
1 packet, prepared	1.5
Potato and cheese soup	
1 cup	9
Macaroni and potato soup	
1 cup	6.6
Potato chowder	
1 cup	6.5
Plantain soup, Puerto Rican style (Sopa de platano)	
1 cup	5.7
Plantain, boiled	
1 cup, mashed	1.6
1 cup, slices	1.2
1 cup	1.6
1 medium	1.9
1 linear inch	0.2
1 slice	0.2
Plantain, fried	
1 cup	2.5
1 medium	3.3
1 large	3.8
1 small	2.2
1 slice	0.4
1 linear inch	0.3
1 small order	1.2
1 medium order	2.4
1 large order	4.2

Green plantains, boiled	
1 cup, mashed	1.6
1 cup, slices	1.2
1 cup	1.6
1 medium	1.8
1 large	2
1 small	1.2
1 linear inch	0.2
1 slice	0.2
Fried green plantain, Puerto Rican style	
1 cup	1.6
1 medium tostone (4" x 2-1/2" x 1/4")	0.6
1 large tostone	0.9
1 small tostone	0.3
1 plantain	2.2
1 slice	0.6
Ripe plantain, raw	
1 medium	2.3
Ripe plantain, boiled	
1 cup	1.6
1 cup, mashed	1.6
1 medium	1.9
1 large	2.4
1 small	1.6
1 linear inch	0.2
1 slice	0.2
Fried ripe plantain, Puerto Rican style (Platano maduro frito)	
1 cup	2.5
1 medium	2.9
1 large	3.7
1 small	2.5
1 slice	0.4
1 linear inch	0.3
1 small order	1.2
1 medium order	2.4
1 large order	4.2
Plantain, ripe, rolled in flour, fried	
1 piece (2-1/2" long)	0.9
Candied ripe plantain, Puerto Rican style (Platano en almibar)	
1 serving (1/2 plantain with syrup)	1.1
Plantain chips	
1 oz	0.7
1 cup	0.9
10 chips	0.2
Green banana, cooked (in salt water)	
1 cup, diced	1.6
1 medium	1
1 large	1.2
1 small	0.6

Green banana, fried	
1 cup	2.1
1 green banana	1
1 slice	0.3
Pickled green bananas, Puerto Rican style (Guineos verdes en escabeche)	
1 cup	1.4
Cassava (yuca blanca), cooked	
1 cup, diced	1.8
1 piece	0.3
Cassava (yuca blanca), cooked, fat not added in cooking	
1 cup, diced	1.8
1 piece	0.3
Cassava (yuca blanca), cooked, fat added in cooking	
1 cup, diced	1.8
1 piece	0.3
Casabe, cassava bread	
1 piece (6" dia)	2.5
Cassava with creole sauce, Puerto Rican style (Yuca al mojo)	
1 serving (2 pieces with sauce)	3
Sweetpotatoes, white, Puerto Rican, fried	
1 small	7.1
Sweetpotatoes, white, Puerto Rican, boiled	
1 cup, diced	2.1
1 medium	12.9
1 small	3.9
Sweetpotatoes, white, Puerto Rican, roasted or baked	
1 cup	2.9
Yam, Puerto Rican, cooked (Name hervido)	
1 cup	2.1
Yam buns, Puerto Rican style (Bunuelos de name)	
1 cup	5.3
1 medium	1.5
Tannier, cooked	
1 cup	3.9
1 cup, mashed or pureed	5.2
1 medium (2" dia x 5" long)	2.4
1 large	3.8
1 small	1.3
Celeriac, cooked	
1 cup, pieces	2.4
Dasheen, boiled	
1 cup, pieces	2.8
1 cup, mashed	3
1 cup	2.8
1 slice	0.3

Dasheen, fried	
1 cup, pieces	0.8
1 slice	0
Taro, baked	
1 cup	2.5
Starchy vegetables, Puerto Rican style (viandas hervidas)	
1 cup	2.1
Starchy vegetables, Puerto Rican style, including tannier, white sweetpotato and yam, with green or ripe plantains (viandas hervidas)	
1 cup	2.1
Starchy vegetables, Puerto Rican style, including tannier, white sweetpotato and yam, no plantain (viandas hervidas)	
1 cup	2.2
Poi	
1 cup	0.9
Taro chips	
10 chips	0.5

Green Vegetables

Beet greens, raw	
1 cup	0.8
1 leaf	0.7
Beet greens, cooked	
1 cup	3.7
Beet greens, cooked, fat not added in cooking	
1 cup	3.7
Beet greens, cooked, fat added in cooking	
1 cup	3.7
Chard, raw	
1 cup	0.6
1 leaf	0.9
Chard, cooked	
1 cup, stalk and leaves	2.7
1 cup, leaves only	3.3
1 cup	2.7
Chard, cooked, fat not added in cooking	
1 cup, stalk and leaves	2.7
1 cup, leaves only	3.3
1 cup	2.7
Chard, cooked, fat added in cooking	
1 cup, stalk and leaves	2.7
1 cup, leaves only	3.3
1 cup	2.7
Collards, raw	
1 cup	0.9
Collards, cooked	
1 cup	3.6
Collards, cooked, from fresh	
1 cup, fresh	2.7
Collards, cooked, from frozen	
1 cup, frozen	5
1 10 oz frozen package yields	7.4
Collards, cooked, from canned	
1 cup, canned	3.4
Collards, cooked, fat not added in cooking	
1 cup	3.6
Collards, cooked, from fresh, fat not added in cooking	
1 cup, fresh	2.7

Collards, cooked, from frozen, fat not added in cooking	
1 cup, frozen	5
1 10 oz frozen package yields	7.4
Collards, cooked, from canned, fat not added in cooking	
1 cup, canned	3.4
Collards, cooked, fat added in cooking	
1 cup	3.6
Collards, cooked, from fresh, fat added in cooking	
1 cup, fresh	2.7
Collards, cooked, from frozen, fat added in cooking	
1 cup, frozen	5
1 10 oz frozen package yields	7.4
Collards, cooked, from canned, fat added in cooking	
1 cup, canned	3.4
Cress, raw	
1 cup	1.3
1 sprig	0
Cress, cooked	
1 cup	2.6
Cress, cooked, from fresh	
1 cup	2.6
Cress, cooked, from canned	
1 cup	2.6
Cress, cooked, fat not added in cooking	
1 cup	2.6
Cress, cooked, from fresh, fat not added in cooking	
1 cup	2.6
Cress, cooked, from canned, fat not added in cooking	
1 cup	2.6
Cress, cooked, fat added in cooking	
1 cup	2.6
Cress, cooked, from fresh, fat added in cooking	
1 cup	2.6
Cress, cooked, from canned, fat added in cooking	
1 cup	2.6
Dandelion greens, raw	
1 cup	1.5
Dandelion greens, cooked	
1 cup, chopped	2.1

Dandelion greens, cooked, fat not added in cooking 1 cup, chopped	2.1
Dandelion greens, cooked, fat added in cooking 1 cup, chopped	2.1
Endive, chicory, escarole, or romaine lettuce, raw	
1 cup, mixed greens	0.6
1 cup, chicory	0.4
1 cup, romaine	0.4
1 cup, endive	0.4
1 cup, escarole	0.4
1 leaf, romaine	0.2
1 leaf, escarole	0.1
1 leaf, endive	0.1
1 medium head, endive	5.4
1 large head, endive	7.1
1 medium head, romaine	5.2
1 large head, romaine	6.9
1 small head, endive	4.1
1 small head, romaine	4.2
Caesar salad (with romaine)	
1 cup	5.4
1 Wendy's side salad	4.5
Escarole, cooked	
1 cup	2.3
Escarole, cooked, fat not added in cooking	
1 cup	2.1
Escarole, cooked, fat added in cooking	
1 cup	2.3
1 head, yields	5.6
Escarole, creamed	
1 cup	5.8
Greens, cooked	
1 cup	2.6
Greens, cooked, from fresh	
1 cup	2.6
Greens, cooked, from frozen	
1 cup	4.9
Greens, cooked, from canned	
1 cup	3
Greens, cooked, fat not added in cooking	
1 cup	2.5
Greens, cooked, from fresh, fat not added in cooking	
1 cup	2.5

Greens, cooked, from frozen, fat not added in cooking 1 cup	4.9
Greens, cooked, from canned, fat not added in cooking 1 cup	3
Greens, cooked, fat added in cooking 1 cup	2.6
Greens, cooked, from fresh, fat added in cooking 1 cup	2.6
Greens, cooked, from frozen, fat added in cooking 1 cup	4.9
Greens, cooked, from canned, fat added in cooking 1 cup	3
Kale, cooked 1 cup	2.5
Kale, cooked, from fresh 1 cup, fresh	2.5
Kale, cooked, from frozen 1 cup, frozen	3.7
1 10 oz frozen package yields	7.2
Kale, cooked, from canned 1 cup, canned	3.1
Kale, cooked, fat not added in cooking 1 cup	2.5
Kale, cooked, from fresh, fat not added in cooking 1 cup, fresh	2.5
Kale, cooked, from frozen, fat not added in cooking 1 cup, frozen	3.7
1 10 oz frozen package yields	7.2
Kale, cooked, from canned, fat not added in cooking 1 cup, canned	3.1
Kale, cooked, fat added in cooking 1 cup	2.5
Kale, cooked, from fresh, fat added in cooking 1 cup, fresh	2.5
Kale, cooked, from frozen, fat added in cooking 1 cup, frozen	3.7
1 10 oz frozen package yields	7.2
Kale, cooked, from canned, fat added in cooking 1 cup, canned	3.1

Lambsquarter, cooked 1 cup	5.7
Lambsquarter, cooked, fat not added in cooking 1 cup	5.7
Lambsquarter, cooked, fat added in cooking 1 cup	5.7
Mustard cabbage, cooked, fat not added in cooking 1 cup	2.6
Mustard greens, raw 1 cup	1.5
1 cup, chopped	1.5
Mustard greens, cooked 1 cup	3.4
Mustard greens, cooked, from fresh 1 cup, fresh	3.2
Mustard greens, cooked, from frozen 1 cup, frozen	3.4
1 10 oz frozen package yields	4.8
Mustard greens, cooked, from canned 1 cup, canned	3.4
Mustard greens, cooked, fat not added in cooking 1 cup	3.4
Mustard greens, cooked, from fresh, fat not added in cooking 1 cup, fresh	3.1
Mustard greens, cooked, from frozen, fat not added in cooking 1 cup, frozen	3.4
1 10 oz frozen package yields	4.8
Mustard greens, cooked, from canned, fat not added in cooking 1 cup, canned	3.4
Mustard greens, cooked, fat added in cooking 1 cup	3.4
Mustard greens, cooked, from fresh, fat added in cooking 1 cup, fresh	3.2
Mustard greens, cooked, from frozen, fat added in cooking 1 cup, frozen	3.4
1 10 oz frozen package yields	4.8
Mustard greens, cooked, from canned, fat added in cooking 1 cup, canned	3.4
Poke greens, cooked 1 cup	3.6

Poke greens, cooked, fat not added in cooking	
1 cup	3.5
Poke greens, cooked, fat added in cooking	
1 cup	3.6
Radicchio, raw	
1 cup, shredded	0.6
1 leaf	0.1
Spinach, raw	
1 cup	0.9
1 bunch	9.7
1 leaf	0.3
1 baby leaf	0
Spinach, cooked	
1 cup	5.6
Spinach, cooked, from fresh	
1 cup, fresh	5.3
Spinach, cooked, from frozen	
1 cup, frozen, leaf	7.6
1 cup, frozen, chopped	8.2
1 10 oz frozen package yields	8.8
1 cup, frozen	8.2
Spinach, cooked, from canned	
1 cup, canned	6
Spinach, cooked, fat not added in cooking	
1 cup	5.6
Spinach, cooked, from fresh, fat not added in cooking	
1 cup, fresh	5.3
Spinach, cooked, from frozen, fat not added in cooking	
1 cup, frozen, leaf	7.6
1 cup, frozen, chopped	8.2
1 10 oz frozen package yields	8.8
1 cup, frozen	8.2
Spinach, cooked, from canned, fat not added in cooking	
1 cup, canned	6
Spinach, cooked, fat added in cooking	
1 cup	5.6
Spinach, cooked, from fresh, fat added in cooking	
1 cup, fresh	5.3
Spinach, cooked, from frozen, fat added in cooking	
1 cup, frozen, leaf	7.6
1 cup, frozen, chopped	8.2
1 10 oz frozen package yields	8.8
1 cup, frozen	8.2

Spinach, cooked, from canned, fat added in cooking 1 cup, canned	6
Spinach, creamed 1 cup	6.7
Spinach, from fresh, creamed 1 cup	6.7
Spinach, from frozen, creamed 1 cup	7.9
Spinach, from canned, creamed 1 cup	6.4
Spinach souffle 1 cup	5.6
Spinach, cooked, with cheese sauce 1 cup	9.4
Spinach, cooked, from fresh, with cheese sauce 1 cup	9.4
Spinach, cooked, from frozen, with cheese sauce 1 cup	10.6
Spinach, cooked, from canned, with cheese sauce 1 cup	8.8
Spinach and cheese casserole 1 cup	15
Spinach and chickpeas, fat added 1 cup	10
Taro leaves, cooked, fat not added in cooking 1 cup	8.9
Thistle leaves, cooked, fat not added in cooking 1 cup	3.4
Turnip greens, cooked 1 cup	1.9
Turnip greens, cooked, from fresh 1 cup, fresh	1.6
Turnip greens, cooked, from frozen 1 cup, frozen, chopped	5.5
1 10 oz frozen package yields	7.4
Turnip greens, cooked, from canned 1 cup, canned	1.8
Turnip greens, cooked, fat not added in cooking 1 cup	1.9

Turnip greens, cooked, from fresh, fat not added in cooking	
1 cup, fresh	1.6
Turnip greens, cooked, from frozen, fat not added in cooking	
1 cup, frozen	5.5
1 10 oz frozen package yields	7.3
Turnip greens, cooked, from canned, fat not added in cooking	
1 cup, canned	1.8
Turnip greens, cooked, fat added in cooking	
1 cup	1.9
Turnip greens, cooked, from fresh, fat added in cooking	
1 cup, fresh	1.6
Turnip greens, cooked, from frozen, fat added in cooking	
1 cup, frozen	5.5
1 10 oz frozen package yields	7.4
Turnip greens, cooked, from canned, fat added in cooking	
1 cup, canned	1.8
Turnip greens with roots, cooked	
1 cup	4.9
Turnip greens with roots, cooked, from fresh	
1 cup	1.5
Turnip greens with roots, cooked, from frozen	
1 cup	4.9
Turnip greens with roots, cooked, from canned	
1 cup	1.5
Turnip greens with roots, cooked, fat not added in cooking	
1 cup	4.8
Turnip greens with roots, cooked, from fresh, fat not added in cooking	
1 cup	1.5
Turnip greens with roots, cooked, from frozen, fat not added in cooking	
1 cup	4.8
Turnip greens with roots, cooked, from canned, fat not added in cooking	
1 cup	1.5
Turnip greens with roots, cooked, fat added in cooking	
1 cup	4.9
Turnip greens with roots, cooked, from fresh, fat added in cooking	
1 cup	1.5
Turnip greens with roots, cooked, from frozen, fat added in cooking	
1 cup	4.9
Turnip greens with roots, cooked, from canned, fat added in cooking	
1 cup	1.5

Turnip greens, canned, low sodium, cooked 1 cup	2.2
Turnip greens, canned, low sodium, cooked, fat not added in cooking 1 cup	2
Turnip greens, canned, low sodium, cooked, fat added in cooking 1 cup	2.2
Watercress, raw 1 cup, chopped	0.8
10 sprigs	0.6
Watercress, cooked, fat not added in cooking 1 cup	3.1
Bitter melon leaves, horseradish leaves, jute leaves, or radish leaves, cooked, fat not added in cooking 1 cup	4.9
Sweetpotato leaves, squash leaves, pumpkin leaves, chrysanthemum leaves, bean leaves, or swamp cabbage, cooked, fat not added in cooking 1 cup, sweetpotato leaves	1.4
1 cup, pumpkin leaves	1.5
1 cup	1.4
Broccoli, raw 1 cup, chopped	2.5
1 cup, flowerets	2
1 bunch	17.1
1 cup	2.5
1 floweret	0.3
1 spear (about 5" long)	0.9
Broccoli, cooked 1 cup	4.3
1 cup, flowerets	2.3
1 floweret	0.2
1 spear (about 5" long)	0.9
Broccoli, cooked, from fresh 1 cup, fresh, cut stalks	3.7
1 cup, flowerets	2.3
1 cup	3.7
1 cup, chopped	4.3
1 floweret	0.2
1 spear (about 5" long)	0.9
Broccoli, cooked, from frozen 1 cup, frozen, chopped	5.7
1 cup, flowerets	3.1
1 cup, frozen, spears	5.7
1 cup	5.7
1 10 oz frozen package yields	7.7
1 floweret	0.3
1 spear (about 5" long)	1.1

Broccoli, cooked, fat not added in cooking	
1 cup	4.4
1 cup, flowerets	2.3
1 floweret	0.2
1 spear (about 5" long)	0.9
Broccoli, cooked, from fresh, fat not added in cooking	
1 cup, fresh, cut stalks	3.7
1 cup, flowerets	2.3
1 cup	3.7
1 bunch yields	8.8
1 cup, chopped	4.4
1 floweret	0.2
1 spear (about 5" long)	0.9
Broccoli, cooked, from frozen, fat not added in cooking	
1 cup, frozen, chopped	5.7
1 cup, flowerets	3
1 cup, frozen, spears	5.7
1 cup, frozen	5.7
1 10 oz frozen package yields	7.7
1 floweret	0.3
1 spear (about 5" long)	1.1
Broccoli, cooked, fat added in cooking	
1 cup	4.3
1 cup, flowerets	2.3
1 floweret	0.2
1 spear (about 5" long)	0.9
Broccoli, cooked, from fresh, fat added in cooking	
1 cup, fresh, cut stalks	3.7
1 cup, flowerets	2.3
1 cup	3.7
1 cup, chopped	4.3
1 floweret	0.2
1 spear (about 5" long)	0.9
Broccoli, cooked, from frozen, fat added in cooking	
1 cup, frozen, chopped	5.7
1 cup, frozen, spears	5.7
1 cup, flowerets	3.1
1 cup	5.7
1 10 oz frozen package yields	7.7
1 floweret	0.3
1 spear (about 5" long)	1.1
Broccoli, cooked, with cheese sauce	
1 cup	12.2
1 stalk	2.6
Broccoli, cooked, from fresh, with cheese sauce	
1 cup	12.2
1 stalk	2.6
Broccoli, cooked, from frozen, with cheese sauce	
1 cup	12.6
1 stalk	2.6

Broccoli, cooked, with mushroom sauce	
1 cup	5.9
1 stalk	1.2
Broccoli, cooked, from fresh, with mushroom sauce	
1 cup	4.9
1 stalk	1
Broccoli, cooked, from frozen, with mushroom sauce	
1 cup	5.9
1 stalk	1.2
Broccoli, cooked, with cream sauce	
1 cup	7.8
1 floweret	0.6
1 stalk	1.6
Broccoli, cooked, from fresh, with cream sauce	
1 cup	6.9
1 stalk	1.5
Broccoli, cooked, from frozen, with cream sauce	
1 cup	7.8
1 stalk	1.6
Broccoli casserole (broccoli, noodles, and cream sauce)	
1 cup	8.6
Broccoli casserole (broccoli, rice, cheese, and mushroom sauce)	
1 cup	11.1
Broccoli, batter-dipped and fried	
1 cup	3.3
1 floweret	0.5
Broccoli soup	
1 cup	8.2
Broccoli cheese soup, prepared with milk	
1 cup	6.4
1 can (10.75 oz), prepared to directions	16.1
Escarole soup	
1 cup	9.2
Watercress broth with shrimp	
1 cup	4.3
Spinach soup	
1 cup	8.7
Dark-green leafy vegetable soup with meat, Oriental style	
1 cup	7.4
Dark-green leafy vegetable soup, meatless, Oriental style	
1 cup	0.5

Yellow Vegetables

Carrots, raw	
1 baby carrot	0.1
1 cup	1
1 cup, chopped	1.2
1 cup, strips or slices	1.1
1 cup, grated	1
1 oz, raw, yields	0.2
1 medium strip or stick	0
1 large strip or stick (3" long)	0.1
1 medium	0.6
1 large (7-1/4" to 8-1/2" long)	0.7
1 thin strip or stick	0
1 small (5-1/2" long)	0.5
1 slice	0
Carrots, raw, salad	
1 cup	2.4
Carrots, raw, salad with apples	
1 cup	1.2
Carrots, cooked	
1 baby carrot	0
1 cup	1.1
1 cup, baby carrots	1.1
1 cup, carrot balls	1.2
1 cup, sliced	1.1
1 cup, mashed	1.7
1 large (7-1/4" to 8-1/2" long)	0.5
1 small (5-3/4" long or less)	0.4
1 medium (6" to 7" long)	0.4
1 slice	0
1 carrot ball	0
Carrots, cooked, from fresh	
1 baby carrot	0.1
1 cup	1.2
1 cup, baby carrots	1.1
1 cup, sliced	1.2
1 cup, mashed	1.7
1 large (7-1/4" to 8-1/2" long)	0.5
1 small (5-3/4" long or less)	0.4
1 medium (6" to 7" long)	0.4
1 slice	0
Carrots, cooked, from frozen	
1 baby carrot	0
1 cup	0.8
1 cup, baby carrots	0.9
1 cup, sliced	0.8
1 cup, mashed	1.3
1 cup, carrot balls	0.9
1 slice	0
1 carrot ball	0

Carrots, cooked, from canned	
1 baby carrot	0
1 cup	0.9
1 cup, baby carrots	1
1 cup, sliced	0.9
1 cup, mashed	1.4
1 slice	0
Carrots, cooked, fat not added in cooking	
1 baby carrot	0
1 cup	1.1
1 cup, baby carrots	1.1
1 cup, sliced	1.1
1 cup, mashed	1.7
1 cup, carrot balls	1.2
1 large (7-1/4" to 8-1/2" long)	0.5
1 small (5-3/4" long or less)	0.3
1 medium (6" to 7" long)	0.4
1 slice	0
1 carrot ball	0
Carrots, cooked, from fresh, fat not added in cooking	
1 baby carrot	0.1
1 cup	1.2
1 cup, baby carrots	1.1
1 cup, sliced	1.2
1 cup, mashed	1.7
1 cup, diced	1.1
1 large (7-1/4" to 8-1/2" long)	0.5
1 small (5-3/4" long or less)	0.3
1 medium (6" to 7" long)	0.4
1 slice	0
Carrots, cooked, from frozen, fat not added in cooking	
1 baby carrot	0
1 cup	0.8
1 cup, baby carrots	0.9
1 cup, sliced	0.8
1 cup, mashed	1.3
1 cup, carrot balls	0.9
1 slice	0
1 carrot ball	0
Carrots, cooked, from canned, fat not added in cooking	
1 baby carrot	0
1 cup	0.9
1 cup, baby carrots	1
1 cup, sliced	0.9
1 cup, mashed	1.5
1 14 oz can yields	1.6
1 slice	0

Carrots, cooked, fat added in cooking	
1 baby carrot	0
1 cup	1.1
1 cup, baby carrots	1.1
1 cup, sliced	1.1
1 cup, mashed	1.7
1 cup, carrot balls	1.2
1 large (7-1/4" to 8-1/2" long)	0.5
1 small (5-3/4" long or less)	0.4
1 medium (6" to 7" long)	0.4
1 slice	0
1 carrot ball	0
Carrots, cooked, from fresh, fat added in cooking	
1 baby carrot	0.1
1 cup	1.2
1 cup, sliced	1.2
1 cup, mashed	1.7
1 cup, baby carrots	1.1
1 large (7-1/4" to 8-1/2" long)	0.5
1 small (5-3/4" long or less)	0.4
1 medium (6" to 7" long)	0.4
1 slice	0
Carrots, cooked, from frozen, fat added in cooking	
1 baby carrot	0
1 cup	0.8
1 cup, baby carrots	0.9
1 cup, sliced	0.8
1 cup, mashed	1.3
1 cup, carrot balls	0.9
1 slice	0
1 carrot ball	0
Carrots, cooked, from canned, fat added in cooking	
1 baby carrot	0
1 cup	0.9
1 cup, baby carrots	1
1 cup, sliced	0.9
1 cup, mashed	1.4
1 slice	0
Carrots, cooked, creamed	
1 cup	4.9
Carrots, cooked, from fresh, creamed	
1 cup	4.9
Carrots, cooked, from frozen, creamed	
1 cup	4.7
Carrots, cooked, from canned, creamed	
1 cup	4.8

Carrots, cooked, glazed	
1 baby carrot	0.1
1 cup	1.1
1 cup, baby carrots	1.2
1 large (7-1/4" to 8-1/2" long)	0.5
1 small (5-3/4" long or less)	0.4
1 medium (6" to 7" long)	0.4
1 slice	0
Carrots, cooked, from fresh, glazed	
1 baby carrot	0.1
1 cup	1.1
1 cup, baby carrots	1.2
1 large (7-1/4" to 8-1/2" long)	0.5
1 small (5-3/4" long or less)	0.4
1 medium (6" to 7" long)	0.4
1 slice	0
Carrots, cooked, from frozen, glazed	
1 cup	0.9
Carrots, cooked, from canned, glazed	
1 cup	0.9
Carrots, cooked, with cheese sauce	
1 cup	9.8
Carrots, cooked, from fresh, with cheese sauce	
1 cup	9.8
Carrots, cooked, from frozen, with cheese sauce	
1 cup	9.9
Carrots, cooked, from canned, with cheese sauce	
1 cup	10
Carrots, canned, low sodium	
1 cup	0.9
1 cup, sliced	0.9
1 cup, mashed	1.4
Carrots, canned, low sodium, fat not added in cooking	
1 cup	0.9
1 cup, sliced	0.9
1 cup, mashed	1.3
Carrots, canned, low sodium, fat added in cooking	
1 cup	0.9
1 cup, sliced	0.9
1 cup, mashed	1.4
Carrot juice	
1 cup	2.2
1 fl oz	0.3
Peas and carrots, creamed	
1 cup	8.3

Peas and carrots, from fresh, creamed 1 cup	9
Peas and carrots, from frozen, creamed 1 cup	8.3
Peas and carrots, from canned, creamed 1 cup	8.3
Peas and carrots, cooked 1 cup	4.9
Peas and carrots, cooked, from fresh 1 cup	5.7
Peas and carrots, cooked, from frozen 1 cup	4.9
Peas and carrots, cooked, from canned 1 cup	4.9
Peas and carrots, cooked, fat not added in cooking 1 cup	4.9
Peas and carrots, cooked, from fresh, fat not added in cooking 1 cup	5.6
Peas and carrots, cooked, from frozen, fat not added in cooking 1 cup	4.9
Peas and carrots, cooked, from canned, fat not added in cooking 1 cup	4.9
Peas and carrots, cooked, fat added in cooking 1 cup	4.9
Peas and carrots, cooked, from fresh, fat added in cooking 1 cup	5.7
Peas and carrots, cooked, from frozen, fat added in cooking 1 cup	4.9
Peas and carrots, cooked, from canned, fat added in cooking 1 cup	4.9
Peas and carrots, canned, low sodium 1 cup	3.5
Peas and carrots, canned, low sodium, fat added in cooking 1 cup	3.5
Peas and carrots, canned, low sodium, fat not added in cooking 1 cup	3.5
Carrots in tomato sauce 1 cup	1

Carrot chips, dried	
1 cup	6
1 chip	0.1
Pumpkin, cooked	
1 cup, mashed	2.7
Pumpkin, cooked, from fresh	
1 cup, mashed	1.8
Pumpkin, cooked, from frozen	
1 cup, mashed	1.8
Pumpkin, cooked, from canned	
1 cup, mashed	2.7
Pumpkin, cooked, fat not added in cooking	
1 cup	1.8
Pumpkin, cooked, from fresh, fat not added in cooking	
1 cup	1.8
Pumpkin, cooked, from frozen, fat not added in cooking	
1 cup	1.8
Pumpkin, cooked, from canned, fat not added in cooking	
1 cup	2.7
Pumpkin, cooked, fat added in cooking	
1 cup, mashed	2.7
Pumpkin, cooked, from fresh, fat added in cooking	
1 cup	1.8
Pumpkin, cooked, from frozen, fat added in cooking	
1 cup	1.8
Pumpkin, cooked, from canned, fat added in cooking	
1 cup	2.7
Calabaza (Spanish pumpkin), cooked	
1 cup, cubes	1.8
1 cup, mashed	2.5
1 cup	1.8
Pumpkin fritters, Puerto Rican style	
1 fritter (2" dia)	0.8
Sweetpotato and pumpkin casserole, Puerto Rican style	
1 cup	8
Squash, winter type, mashed	
1 cup	2.3
1 cup, acorn	2.3
1 cup, butternut	2.3
1 cup, hubbard	2.2

Squash, winter type, mashed, no fat or sugar added in cooking

1 cup	2.1
1 cup, acorn	2.2
1 cup, butternut	2.1
1 cup, hubbard	2.1

Squash, winter type, mashed, fat added in cooking, no sugar added in cooking

1 cup	2.2
1 cup, acorn	2.2
1 cup, butternut	2.2
1 cup, hubbard	2.1

Squash, winter type, mashed, fat and sugar added in cooking

1 cup	2.1
1 cup, acorn	2.2
1 cup, butternut	2.1
1 cup, hubbard	2.1

Squash, winter type, raw

1 cup, acorn, cubed	1.3
1 cup, butternut, cubed	1.3
1 cup, hubbard, cubed	1.1
1 cup, pumpkin, cubed	1.1

Squash, winter type, baked

1 cup, cubes, all varieties	1.7
1 oz, raw, yields	0.1
1/2 acorn squash	1.3

Squash, winter type, baked, no fat or sugar added in cooking

1 cup, cubes, all varieties	1.8
1 oz, raw, yields	0.1
1/2 acorn squash	1.4

Squash, winter type, baked, fat added in cooking, no sugar added in cooking

1 cup, cubes, all varieties	1.8
1 oz, raw, yields	0.1
1/2 acorn squash	1.4

Squash, winter type, baked, fat and sugar added in cooking

1 cup, cubes, all varieties	1.8
1 oz, raw, yields	0.1
1/2 acorn squash	1.4

Squash, winter type, baked, no fat added in cooking, sugar added in cooking

1 cup, cubes, all varieties	1.8
1 oz, raw, yields	0.1
1/2 acorn squash	1.3

Squash fritter or cake

1 fritter	1.6
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Squash, winter, baked with cheese	
1 cup	7.5
Squash, winter, souffle	
1 cup	5.4
Sweetpotato	
1 cup, mashed	4
1 medium (2" dia, 5" long, raw)	2.3
1 large (larger than 2-1/4" dia, raw)	3.6
1 small (less than 1-3/4" dia, raw)	1.3
Sweetpotato, baked, peel eaten	
1 cup	5
1 oz, raw, yields	0.6
1 medium (2" dia x 5" long, raw)	3.7
1 large	5.7
1 small	2
Sweetpotato, baked, peel eaten, fat not added in cooking	
1 cup	5
1 oz, raw, yields	0.6
1 medium (2" dia x 5" long, raw)	3.7
1 large	5.8
1 small	1.9
Sweetpotato, baked, peel eaten, fat added in cooking	
1 cup	5
1 oz, raw, yields	0.6
1 medium (2" dia x 5" long, raw)	3.7
1 large	5.7
1 small	2
Sweetpotato, baked, peel not eaten	
1 cup, mashed	3.9
1 oz, raw, yields	0.4
1 medium (2" dia, 5" long, raw)	2.3
1 large	3.6
1 small	1.2
Sweetpotato, baked, peel not eaten, fat not added in cooking	
1 cup	4
1 oz, raw, yields	0.4
1 medium (2" dia, 5" long, raw)	2.3
1 large	3.6
1 small	1.2
Sweetpotato, baked, peel not eaten, fat added in cooking	
1 cup	3.9
1 oz, raw, yields	0.4
1 medium (2" dia, 5" long, raw)	2.3
1 large	3.6
1 small	1.2

Sweetpotato, boiled, without peel	
1 cup	2.7
1 oz, raw, yields	0.4
1 medium (2" dia, 5" long, raw)	2.1
1 large	2.4
1 small	1.1
Sweetpotato, boiled, without peel, fat not added in cooking	
1 cup	2.7
1 oz, raw, yields	0.4
1 medium (2" dia, 5" long, raw)	2.1
1 large	2.4
1 small	1
Sweetpotato, boiled, without peel, fat added in cooking	
1 cup	2.7
1 oz, raw, yields	0.4
1 medium (2" dia, 5" long, raw)	2.1
1 large	2.4
1 small	1.1
Sweetpotato, boiled, with peel	
1 cup	2.6
1 oz, raw, yields	0.3
1 medium (2" dia, 5" long, raw)	2.1
1 large	2.4
1 small	1
Sweetpotato, boiled, with peel, fat not added in cooking	
1 cup	2.7
1 oz, raw, yields	0.4
1 medium (2" dia, 5" long, raw)	2.1
1 large	2.5
1 small	1.1
Sweetpotato, boiled, with peel, fat added in cooking	
1 oz, raw, yields	0.4
1 cup	2.7
1 medium (2" dia, 5" long, raw)	2.1
1 large	2.5
1 small	1.1
Sweetpotato, candied	
1 cup	1.9
1 piece (1/4 small potato)	0.2
1 piece (1/4 medium potato)	0.4
1 piece (1/4 large potato)	0.5
Sweetpotato with fruit	
1 cup	1.8
1 cup, mashed	1.9
Sweetpotato, canned	
1 cup, pieces	1.9
1 cup, mashed	2.5
1 cup	1.9

Sweetpotato, canned without syrup	
1 cup, pieces	3.3
1 cup, mashed	4.2
1 cup	3.3
1 cubic inch	0.2
1 piece	0.3
Sweetpotato, canned in syrup	
1 cup, pieces	1.9
1 cup, mashed	2.5
1 cup	1.9
1 cubic inch	0.1
1 piece	0.2
Sweetpotato, canned in syrup, with fat added in cooking	
1 cup, pieces	1.9
1 cup, mashed	2.5
1 cup	1.9
Sweetpotato, casserole or mashed	
1 cup	4.1
Sweetpotato, fried	
1 cup	3.4
1 oz, raw, yields	0.2
1 medium	1.5
1 large	2.4
1 patty (3" dia, 1/2" thick)	1.1
1 small	0.8
Sweet potato, chips	
1 cup	0.9
1 chip	0.1
1 single serving bag	1.2
Sweetpotato, yellow, Puerto Rican, cooked	
1 cup	1.9
Carrot soup, cream of, prepared with milk	
1 cup	4.6
Carrot with rice soup, cream of, prepared with milk	
1 cup	5

Tomatoes, Tomato Mixtures

Tomatoes, raw	
1 Italian tomato	0.5
1 cup	1.6
1 cup, chopped or sliced	1.6
1 cup, cherry tomato	1.3
1 oz, raw, yields	0.2
1 medium slice (1/4" thick)	0.2
1 medium whole (2-3/5" dia)	1.1
1 large whole (3" dia)	1.6
1 thick/large slice (1/2" thick)	0.2
1 wedge (1/4 of medium tomato)	0.3
1 plum tomato	0.5
1 small whole (2-2/5" dia)	0.8
1 cherry	0.1
1 thin/small slice	0.1
1 grape tomato	0.1
Tomatoes, green, raw	
1 cup	2.2
1 medium	1.5
1 large	2.2
1 small	1.1
1 slice or wedge	0.2
Tomatoes, cooked	
1 cup	1.9
1 medium	0.9
1 large	1.3
1 small	0.6
Tomatoes, cooked, from fresh	
1 cup	2.3
1 medium	1.1
1 large	1.6
1 small	0.8
Tomatoes, cooked, from canned	
1 cup	1.9
1 medium	0.9
1 large	1.3
1 small	0.6
Tomatoes, broiled	
1 cup	2.6
1 oz, raw, yields	0.3
1 medium	1.2
1 large	1.7
1 small	0.8
1 cherry	0.2
1 slice	0.5

Tomatoes, from fresh, broiled	
1 cup	2.6
1 oz, raw, yields	0.3
1 medium	1.2
1 large	1.7
1 small	0.8
1 cherry	0.2
1 slice	0.5
Tomatoes, red, fried	
1 cup	4.9
1 oz, raw, yields	0.6
1 medium	2.7
1 large	4
1 small	2
1 slice	1
Tomatoes, red, from fresh, fried	
1 cup	4.9
1 oz, raw, yields	0.6
1 medium	2.7
1 large	4
1 small	2
1 slice	1
Tomatoes, scalloped	
1 cup	3.6
Tomatoes, from fresh, scalloped	
1 cup	3.9
Tomatoes, stewed	
1 cup	2.3
1 tomato	1
Tomatoes, from fresh, stewed	
1 cup	4.4
1 tomato	2
Tomatoes, from canned, stewed	
1 cup	2.3
Tomatoes, canned, low sodium	
1 cup	1.9
Tomatoes, green, cooked	
1 cup	5.8
1 oz, raw, yields	0.7
1 medium	3.3
1 large	4.8
1 small	2.4
1 slice	1.2

Tomatoes, green, cooked, from fresh	
1 cup	5.8
1 oz, raw, yields	0.7
1 medium	3.3
1 large	4.8
1 small	2.4
1 slice	1.2
Tomato, green, pickled	
1 cup	1.6
1 tomato (2-3/8" dia)	0.8
Tomatoes, red, dried	
1 cup	7.6
1 piece	0.3
Tomato juice	
1 cup	1.8
1 fl oz	0.2
Tomato juice, low sodium	
1 cup	1.8
1 fl oz	0.2
Tomato juice cocktail	
1 cup	1.5
1 fl oz	0.2
Tomato and vegetable juice, mostly tomato	
1 cup	1.5
1 fl oz	0.2
Tomato and vegetable juice, mostly tomato, low sodium	
1 cup	1.5
1 fl oz	0.2
Tomato juice with clam or beef juice	
1 cup	2.1
1 fl oz	0.3
Tomato catsup	
1 cup	4.2
1 tablespoon	0.3
1 packet	0.2
1 container (from fast food restaurant)	0.4
Tomato catsup, low sodium	
1 cup	4.2
1 tablespoon	0.3
1 packet	0.1
Tomato chili sauce (catsup-type)	
1 cup	6.8
1 packet	0.2

Salsa	
1 cup	3.8
1 tablespoon	0.2
1 packet	0.1
Salsa, red, uncooked	
1 cup	1.7
Salsa, red, cooked, not homemade	
1 cup	3.8
1 tablespoon	0.2
1 packet	0.1
1 McDonald's packet	0.2
10 drops	0
Salsa, red, cooked, homemade	
1 cup	1.8
Enchilada sauce, red	
1 cup	2.7
Enchilada sauce, green	
1 cup	3.7
Green tomato-chile sauce, raw (Salsa de tomate verde cruda)	
1 cup	2
Green tomato-chile sauce, cooked (Salsa verde)	
1 cup	2.5
1 tablespoon	0.2
Tomato sauce	
1 cup	4.4
Tomato sauce, low sodium	
1 cup	4.3
Tomato paste	
1 cup	11.3
Tomato puree	
1 cup	4.1
Spaghetti sauce, meatless	
1 cup	4.4
Spaghetti sauce with vegetables, homemade-style	
1 cup	3.9
Spaghetti sauce with meat, canned, no extra meat added	
1 cup	8.1
Spaghetti sauce, meatless, low sodium	
1 cup	4.4
Spaghetti sauce, meatless, fat free	
1 cup	2.3

Tomato relish		
1 cup		4.8
Barbecue sauce		
1 cup		0
1 packet		0
1 container (from fast food restaurant)		0
Barbecue sauce, low sodium		
1 cup		0
1 packet		0
Steak sauce, tomato-base		
1 cup		4.6
1 tablespoon		0.3
Cocktail sauce		
1 cup		4.1
Puerto Rican seasoning with ham		
1 cup		9.7
Puerto Rican seasoning with ham and tomato sauce		
1 cup		11.4
Puerto Rican seasoning without ham and tomato sauce		
1 cup		2.8
Tomato aspic		
1 cup		5.7
Tomato and lima beans, cooked, fat not added cooking		
1 cup		7.9
Tomato and corn, cooked, fat not added in cooking		
1 cup		3.7
Tomato and okra, cooked		
1 cup		2.6
Tomato and okra, cooked, fat not added in cooking		
1 cup		2.6
Tomato and okra, cooked, fat added in cooking		
1 cup		2.6
Tomato and onion, cooked		
1 cup		2.5
Tomato and onion, cooked, fat not added in cooking		
1 cup		2.5
Tomato and onion, cooked, fat added in cooking		
1 cup		2.5
Tomato and celery, cooked, fat not added in cooking		
1 cup		1.9

Tomato with corn and okra, cooked	
1 cup	3.9
Tomato with corn and okra, cooked, fat not added in cooking	
1 cup	3.5
Tomato with corn and okra, cooked, fat added in cooking	
1 cup	3.9
Tomato and cucumber salad made with tomato, cucumber, oil, and vinegar	
1 cup	0.8
Tomato soup	
1 cup	3
1 can (10.75 oz), prepared to directions	7.2
Tomato soup, cream of, prepared with milk	
1 cup	6.1
1 can (10.75 oz), prepared to directions	14.7
Tomato soup, prepared with water	
1 cup	2
1 Jenny Craig pouch (6 oz)	1.4
1 can (10.75 oz), prepared to directions	4.9
Tomato soup, canned, undiluted	
1 cup	4
1 can (10.75 oz)	4.9
Tomato soup, instant type, prepared with water	
1 cup	2.5
1 packet, prepared	1.9
Tomato soup, canned, low sodium, ready-to-serve	
1 cup	1.9
1 can (10.5 oz), ready-to-serve	2.4
Tomato soup, canned, reduced sodium, prepared with water	
1 cup	2
1 can (10.75 oz), prepared to directions	4.9
Tomato soup, canned, reduced sodium, prepared with milk	
1 cup	6.1
1 can (10.75 oz), prepared to directions	14.7
Tomato beef soup, prepared with water	
1 cup	4.3
Tomato beef noodle soup, prepared with water	
1 cup	4.3
1 can (10.75 oz), prepared to directions	10.6
Tomato beef rice soup, prepared with water	
1 cup	3.4
1 can (11 oz), prepared to directions	8.3

Tomato noodle soup, prepared with water 1 cup	4.2
Tomato noodle soup, cream of 1 cup	6.9
Tomato rice soup, canned, undiluted 1 can (11 oz), undiluted	5.1
Tomato rice soup, prepared with water 1 cup	2
1 can (11 oz), prepared to directions	4.9
Tomato vegetable soup, prepared with water 1 cup	1.9
Tomato vegetable soup with noodles, prepared with water 1 cup	2.1
Tomato sandwich 1 sandwich	5

Other Vegetables

Raw vegetable	
1 cup	1.1
Sprouts	
1 cup	2
Alfalfa sprouts, raw	
1 cup	1.3
Artichoke, Jerusalem, raw	
1 cup	3
Asparagus, raw	
1 cup	2.9
1 small spear (5" long or less)	0.3
1 medium spear (5-1/4" to 7" long)	0.4
1 large spear (7-1/4" to 8-1/2" long)	0.4
1 spear tip (2" long or less)	0.1
1 extra large spear (8-3/4" to 10" long)	0.5
Bean sprouts, raw (soybean or mung)	
1 cup, mung	3.2
1 cup, soybean	2.1
1 cup	3.2
Beans, string, green, raw	
1 cup	2
10 beans (4" long)	1
Beans, lima, raw	
1 cup	10.7
Beets, raw	
1 cup	2.2
1 beet (2" dia)	1.3
1 oz, raw, yields	0.3
Broccoli, raw	
1 cup	1.9
1 oz, raw, yields	0.5
1 floweret	0.7
1 medium head (5-6" dia)	12.7
1 large head (6-7" dia)	15.1
1 small head (4" dia)	9.6
Brussels sprouts, raw	
1 cup	3
1 oz, raw, yields	0.9
1 sprout	0.6

Cabbage, green, raw	
1 cup, chopped	1.1
1 cup, shredded	0.9
1 oz, raw, yields	0.3
1 cup	1.1
1 medium head (about 5-3/4" dia)	11.6
1 large head (about 7" dia)	16
1 medium leaf	0.3
1 large leaf	0.4
1 small head (about 4-1/2" dia)	9.1
1 small leaf	0.2
Cabbage, Chinese, raw	
1 cup	1.1
1 oz, raw, yields	0.4
1 cup pa-tsai	1.1
1 cup pak-choi	1
1 leaf	0.2
1 head	12.6
Cabbage, red, raw	
1 cup, chopped	1.3
1 cup, shredded	1
1 oz, raw, yields	0.3
1 cup	1.3
1 medium head (about 5" dia)	12
1 large head (about 5-1/2" dia)	16.2
1 leaf	0.3
1 small head (4" dia)	8.1
Cactus, raw	
1 cup	2
1 oz	0.4
1 pad	0.5
Cauliflower, raw	
1 cup	2
1 oz, raw, yields	0.2
1 floweret	0.3
1 medium head (5-6" dia)	11.4
1 large head (6-7" dia)	16.6
1 small head (4" dia)	5.2
Celery, raw	
1 cup	0.8
1 cup, diced	0.8
1 cup, strips	0.9
1 oz, raw, yields	0.2
1 medium stalk (7-1/2" - 8" long)	0.3
1 large stalk (11" - 12" long)	0.4
1 small stalk (5" long)	0.1
1 strip or stick (4" long)	0
Fennel bulb, raw	
1 fennel bulb	1.6

Chives, raw	
1 tablespoon	0.1
Cilantro, raw	
1 cup	0.3
1 bunch	2.2
1 sprig	0
Corn, raw	
1 cup	5
1 medium ear (6-3/4" to 7-1/2" long)	2.9
1 large ear (7-3/4" to 9" long)	4.6
1 small ear (5-1/2" to 6-1/2" long)	2.4
Cucumber, raw	
1 cup, sliced	0.7
1 oz, raw, yields	0.1
1 cup, unpared, chopped	0.8
1 cup, pared, chopped	0.8
1 cup	0.7
1 large (8-1/4" long)	1.7
1 small (6-3/8" long)	0.9
1 stick, 4" long	0.1
1 slice	0
1 medium (7" long)	1.2
Eggplant, raw	
1 cup, cubes	0.8
1 oz, raw, yields	0.2
1 eggplant, peeled (yield from 1.25 lb)	4.6
1 eggplant, unpeeled (approx 1.25 lbs)	5.5
Garlic, raw	
1 cup	8.6
1 clove	0.2
Jicama, raw	
1 cup	0.9
1 medium	4.7
1 large	8.6
1 small	2.6
1 slice	0
Kohlrabi, raw	
1 cup	2.3
1 slice	0.3
Leek, raw	
1 cup	1.3
1 leek	1.3
1 slice	0.1

Lettuce, raw	
1 cup, shredded or chopped	0.5
1 oz, raw, yields	0.2
1 medium leaf	0.1
1 large leaf	0.1
1 medium head (6" dia)	4.9
1 large head	6.8
1 small leaf	0
1 small head	2.9
Lettuce, Boston, raw	
1 cup, shredded or chopped	0.7
1 oz, raw, yields	0.3
1 medium leaf	0.1
1 large leaf	0.2
1 head (5" dia)	2.2
1 small leaf	0.1
Lettuce, manoa	
1 cup	0.6
1 medium leaf	0.1
1 large leaf	0.2
1 small leaf	0.1
Lettuce, arugula, raw	
1 cup	0.5
1 leaf	0.1
Mixed salad greens, raw	
1 cup, shredded or chopped	0.8
Mushrooms, raw	
1 cup, pieces or slices	2.2
1 oz, raw, yields	0.8
1 cup, whole	3
1 cup	2.2
1 medium	0.6
1 large	0.7
1 small	0.3
1 slice	0.2
Onions, young green, raw	
1 cup, chopped	1.8
1 oz, raw, yields	0.5
1 medium (4-1/8" long)	0.3
1 large	0.5
1 small (3" long)	0.1

Onions, mature, raw	
1 cup, chopped	1.8
1 cup, sliced	1.3
1 oz, raw, yields	0.3
1 cup	1.8
1 medium slice (1/8" thick)	0.2
1 large slice (1/4" thick)	0.4
1 medium (2-1/2" dia)	1.2
1 large	1.6
1 thin slice	0.1
1 small	0.8
10 rings	0.7
Parsley, raw	
1 cup	1.8
10 sprigs	0
Peas, green, raw	
1 cup	7.9
Pepper, hot chili, raw	
1 cup, chopped	2.9
1 oz, raw, yields	0.4
1 pepper	0.9
1 slice	0.2
1 jalapeno pepper	0.3
Pepper, poblano, raw	
1 cup, chopped	1
1 oz, raw, yields	0.2
1 pepper	0.6
Pepper, Serrano, raw	
1 cup, chopped	1.8
1 oz, raw, yields	0.5
1 pepper	0.1
Pepper, raw	
1 cup, chopped	1.3
1 cup, strips	0.6
1 cup	1.3
1 cup, sliced	0.8
1 medium	1
1 large	1.4
1 ring	0.1
1 small	0.6

Pepper, sweet, green, raw	
1 cup, chopped	1.3
1 cup, sliced	0.8
1 cup	1.3
1 oz, raw, yields	0.2
1 medium (approx 2-3/4" long, 2-1/2" dia)	1
1 large (2.25 per pound, approx 3-3/4" long, 3" dia)	1.4
1 small (5 per pound)	0.6
1 slice or ring (3" dia, 1/4" thick)	0.1
10 strips	0.2
Pepper, sweet, red, raw	
1 cup, chopped	1.5
1 cup, sliced	0.9
1 cup	1.5
1 oz, raw, yields	0.2
1 medium (approx 2-3/4" long, 2-1/2" dia)	1.2
1 large (2.25 per pound, approx 3-3/4" long, 3" dia)	1.6
1 small (5 per pound)	0.7
1 slice or ring (3" dia, 1/4" thick)	0.1
Pepper, banana, raw	
1 cup	2.1
1 small (4" long)	0.5
1 medium (4-1/2" long)	0.8
1 large (5" long)	1.2
Radish, raw	
1 cup, slices	0.8
1 oz, raw, yields	0.2
1 medium (3/4" to 1" dia)	0
1 large (1" to 1-1/4" dia)	0.1
1 small	0
1 slice	0
Rutabaga, raw	
1 cup	1.7
1 oz, raw, yields	0.3
1 medium	4.6
1 large	9.3
1 small	2.3
Seaweed, raw	
1 cup	1.9
Snowpeas (pea pod), raw	
1 cup, whole	1.8
1 cup, chopped	2.7
1 cup	1.8
10 pea pods	1
Squash, summer, yellow, raw	
1 cup, sliced	1.4
1 oz, raw, yields	0.3
1 medium	2.4
1 large	3.9
1 small	1.4
1 slice	0.1

Squash, summer, green, raw	
1 cup, sliced	1.4
1 oz, raw, yields	0.3
1 cup, chopped	1.5
1 cup	1.4
1 medium	2.4
1 large	3.9
1 small	1.4
1 slice	0.1
Turnip, raw	
1 oz, raw, yields	0.2
1 cup, cubes	1.2
1 medium	1.1
1 large	1.6
1 small	0.5
1 slice	0.1
Mixed vegetable juice (vegetables other than tomato)	
1 cup	3.7
1 fl oz	0.5
Celery juice	
1 cup	2
1 fl oz	0.2
Broccoli salad with cauliflower, cheese, bacon bits, and dressing	
1 cup	9.5
Cabbage salad or coleslaw, with dressing	
1 cup	2.1
1 fast food order	1
Cabbage salad or coleslaw with apples and/or raisins, with dressing	
1 cup	1.7
Cabbage salad or coleslaw with pineapple, with dressing	
1 cup	1.2
Cabbage, Chinese, salad, with dressing	
1 cup	0.9
Celery, stuffed with cheese	
1 cup	5.7
1 medium stalk (7-1/2" - 8" long)	2.5
1 large stalk (11" - 12" long)	3.5
1 small stalk (5" long)	1.4
Cucumber and vegetable namasu	
1 cup	1
Cucumber salad with creamy dressing	
1 cup	1.4
Cucumber salad made with cucumber, oil, and vinegar	
1 cup	0.8

Cucumber salad made with cucumber and vinegar 1 cup	0.8
Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing 1 cup 1 side salad	0.6 1
Lettuce, salad with assorted vegetables excluding tomatoes and carrots, no dressing 1 cup	0.6
Lettuce, salad with avocado, tomato, and/or carrots, with or without other vegetables, no dressing 1 cup	1
Lettuce, salad with cheese, tomato and/or carrots, with or without other vegetables, no dressing 1 cup 1 Burger King salad 1 Wendy's garden salad	4.6 13.3 16.2
Lettuce, salad with egg, tomato, and/or carrots, with or without other vegetables, no dressing 1 cup	3.3
Lettuce salad with egg, cheese, tomato, and/or carrots, with or without other vegetables, no dressing 1 cup 1 garden salad 1 side salad	2.6 7.9 5.6
Lettuce, wilted, with bacon dressing 1 cup	3.4
Seven-layer salad (lettuce salad made with a combination of onion, celery, green pepper, peas, mayonnaise, cheese, eggs, and/or bacon) 1 cup	5.6
Greek Salad 1 cup	7
Spinach salad, no dressing 1 cup	5.1
Cobb salad with dressing 1 cup	8
Vegetables, cooked 1 cup	5.1
Vegetables, cooked, fat not added in cooking 1 cup	5
Vegetables, cooked, fat added in cooking 1 cup	5.1
Algae, dried 1 cup	57.2

Aloe vera juice	
1 cup	0.9
Artichoke, globe (French), cooked	
1 cup, hearts	4.8
1 medium globe	3.5
1 large globe	4.4
1 heart	0.8
1 small globe	2.9
Artichoke, globe (French), cooked, from fresh	
1 cup, hearts	4.8
1 medium globe	3.5
1 large globe	4.4
1 heart	0.8
1 small globe	2.9
Artichoke, globe (French), cooked, from frozen	
1 cup, hearts	5.2
1 heart	0.8
Artichoke, globe (French), cooked, from canned	
1 cup, hearts	4.8
1 medium globe	3.5
1 large globe	4.4
1 heart	0.8
1 small globe	2.9
1 can (14 oz), drained	6.9
Artichoke, globe (French), cooked, fat not added in cooking	
1 cup, hearts	4.8
1 medium globe	3.4
1 large globe	4.4
1 heart	0.8
1 leaf	0.1
1 small globe	2.9
Artichoke, globe (French), cooked, from fresh, fat not added in cooking	
1 cup, hearts	4.8
1 medium globe	3.4
1 large globe	4.4
1 heart	0.8
1 leaf	0.1
1 small globe	2.9

Artichoke, globe (French), cooked, from frozen, fat not added in cooking

1 cup, hearts	5.2
1 heart	0.8
1 leaf	0.1

Artichoke, globe (French), cooked, from canned, fat not added in cooking

1 cup, hearts	4.8
1 medium globe	3.4
1 large globe	4.4
1 heart	0.8
1 leaf	0.1
1 small globe	2.9
1 can (14 oz), drained	6.9

Artichoke, globe (French), cooked, fat added in cooking

1 cup, hearts	4.8
1 medium globe	3.5
1 large globe	4.4
1 heart	0.8
1 small globe	2.9

Artichoke, globe (French), cooked, from fresh, fat added in cooking

1 cup, hearts	4.8
1 medium globe	3.5
1 large globe	4.4
1 heart	0.8
1 small globe	2.9

Artichoke, globe (French), cooked, from frozen, fat added in cooking

1 cup, hearts	5.2
1 heart	0.8

Artichoke, globe (French), cooked, from canned, fat added in cooking

1 cup, hearts	4.8
1 medium globe	3.5
1 large globe	4.4
1 heart	0.8
1 small globe	2.9
1 can (14 oz), drained	6.9

Artichoke salad in oil

1 cup	3.4
1 heart	0.7

Asparagus, cooked

1 cup	4.3
1 small spear (5" long or less)	0.3
1 medium spear (5-1/4" to 7" long)	0.4
1 large spear (7-1/4" to 8-1/2" long)	0.5
1 spear tip (2" long or less)	0.1
1 extra large spear (8-3/4" to 10" long)	0.5

Asparagus, cooked, from fresh	
1 cup	4.3
1 small spear (5" long or less)	0.3
1 medium spear (5-1/4" to 7" long)	0.4
1 large spear (7-1/4" to 8-1/2" long)	0.5
1 extra large spear (8-3/4" to 10" long)	0.5
1 spear tip (2" long or less)	0.1
Asparagus, cooked, from frozen	
1 cup	5.2
1 10 oz frozen package yields	8.5
1 spear (about 5" long)	0.3
1 spear tip (2" long or less)	0.1
Asparagus, cooked, from canned	
1 cup	5.2
1 16 oz can yields	5.8
1 spear (about 5" long)	0.4
Asparagus, cooked, fat not added in cooking	
1 cup	4.3
1 small spear (5" long or less)	0.3
1 medium spear (5-1/4" to 7" long)	0.4
1 large spear (7-1/4" to 8-1/2" long)	0.5
1 spear tip (2" long or less)	0.1
1 extra large spear (8-3/4" to 10" long)	0.5
Asparagus, cooked, from fresh, fat not added in cooking	
1 cup	4.3
1 oz, raw (yield after cooking)	0.3
1 small spear (5" long or less)	0.3
1 medium spear (5-1/4" to 7" long)	0.4
1 large spear (7-1/4" to 8-1/2" long)	0.5
1 extra large spear (8-3/4" to 10" long)	0.5
1 spear tip (2" long or less)	0.1
Asparagus, cooked, from frozen, fat not added in cooking	
1 cup	5.3
1 10 oz frozen package yields	8.6
1 spear (about 5" long)	0.3
1 spear tip (2" long or less)	0.1
Asparagus, cooked, from canned, fat not added in cooking	
1 cup	5.2
1 14.5 oz can yields	5.3
1 spear (about 5" long)	0.4
Asparagus, cooked, fat added in cooking	
1 cup	4.3
1 small spear (5" long or less)	0.3
1 medium spear (5-1/4" to 7" long)	0.4
1 large spear (7-1/4" to 8-1/2" long)	0.5
1 spear tip (2" long or less)	0.1
1 extra large spear (8-3/4" to 10" long)	0.5

Asparagus, cooked, from fresh, fat added in cooking	
1 cup	4.3
1 small spear (5" long or less)	0.3
1 medium spear (5-1/4" to 7" long)	0.4
1 large spear (7-1/4" to 8-1/2" long)	0.5
1 extra large spear (8-3/4" to 10" long)	0.5
1 spear tip (2" long or less)	0.1
Asparagus, cooked, from frozen, fat added in cooking	
1 cup	5.3
1 10 oz frozen package yields	8.6
1 spear (about 5" long)	0.3
1 spear tip (2" long or less)	0.1
Asparagus, cooked, from canned, fat added in cooking	
1 cup	5.2
1 16 oz can yields	5.8
1 spear (about 5" long)	0.4
Bamboo shoots, cooked, fat not added in cooking	
1 cup, slices	3.2
1 cup, canned	3.5
1 cup	3.2
1 shoot, cooked	3.8
Bamboo shoots, cooked, fat added in cooking	
1 cup	5.2
Beans, lima, immature, cooked	
1 cup	12.2
1 bean	0.1
Beans, lima, immature, cooked, from fresh	
1 cup	11.5
1 bean	0.1
Beans, lima, immature, cooked, from frozen	
1 cup	11.4
1 10 oz frozen package yields	19.7
1 bean	0.1
Beans, lima, immature, cooked, from canned	
1 cup	11.8
1 bean	0.1
Beans, lima, immature, cooked, fat not added in cooking	
1 cup	12.2
1 bean	0.1
Beans, lima, immature, cooked, from fresh, fat not added in cooking	
1 cup	11.5
1 bean	0.1
Beans, lima, immature, cooked, from frozen, fat not added in cooking	
1 cup	11.4
1 10 oz frozen package yields	19.7
1 bean	0.1

Beans, lima, immature, cooked, from canned, fat not added in cooking	
1 cup	11.8
1 bean	0.1
Beans, lima, immature, cooked, fat added in cooking	
1 cup	12.2
1 bean	0.1
Beans, lima, immature, cooked, from fresh, fat added in cooking	
1 cup	11.5
1 bean	0.1
Beans, lima, immature, cooked, from frozen, fat added in cooking	
1 cup	11.4
1 10 oz frozen package yields	19.7
1 bean	0.1
Beans, lima, immature, cooked, from canned, fat added in cooking	
1 cup	11.8
1 bean	0.1
Beans, lima, immature, canned, low sodium	
1 cup	7.2
Beans, lima, immature, canned, low sodium, fat not added in cooking	
1 cup	7.1
Beans, lima, immature, canned, low sodium, fat added in cooking	
1 cup	7.2
Beans, string, cooked, fat added in cooking	
1 cup	2.5
Beans, string, cooked, from fresh, fat added in cooking	
1 cup	2.4
Beans, string, cooked, from frozen, fat added in cooking	
1 cup	2
Beans, string, cooked, from canned, fat added in cooking	
1 cup	1.6
Beans, string, cooked, fat not added in cooking	
1 cup	2.5
Beans, string, cooked, from fresh, fat not added in cooking	
1 cup	2.3
Beans, string, cooked, from frozen, fat not added in cooking	
1 cup	2
Beans, string, cooked, from canned, fat not added in cooking	
1 cup	1.6
Beans, string, cooked	
1 cup	2.5
Beans, string, cooked, from fresh	
1 cup	2.4

Beans, string, cooked, from frozen	
1 cup	2
Beans, string, cooked, from canned	
1 cup	1.6
Beans, string, green, cooked	
1 cup	2.5
10 beans	1.2
1 cut piece	0
Beans, string, green, cooked, from fresh	
1 cup, fresh	2.4
10 beans	1.2
1 cut piece	0
Beans, string, green, cooked, from frozen	
1 cup, frozen	2
10 beans	0.9
1 cut piece	0
Beans, string, green, cooked, from canned	
1 cup, canned	1.6
1 can (15.5 oz) yields	3.1
10 beans	0.7
1 cut piece	0
Beans, string, green, cooked, fat not added in cooking	
1 cup	2.5
10 beans	1.2
1 cut piece	0
Beans, string, green, cooked, from fresh, fat not added in cooking	
1 cup, fresh	2.3
1 oz, raw, yields	0.5
10 beans	1.2
1 cut piece	0
Beans, string, green, cooked, from frozen, fat not added in cooking	
1 cup, frozen	2
1 10 oz frozen package yields	3.8
10 beans	0.9
1 cut piece	0
Beans, string, green, cooked, from canned, fat not added in cooking	
1 cup, canned	1.6
1 can (15.5 oz) yields	3.1
10 beans	0.7
1 cut piece	0
Beans, string, green, cooked, fat added in cooking	
1 cup	2.5
10 beans	1.2
1 cut piece	0
Beans, string, green, cooked, from fresh, fat added in cooking	
1 cup, fresh	2.4
10 beans	1.2
1 cut piece	0

Beans, string, green, cooked, from frozen, fat added in cooking		
1 cup, frozen		2
10 beans		0.9
1 cut piece		0
Beans, string, green, cooked, from canned, fat added in cooking		
1 cup, canned		1.6
1 can (15.5 oz) yields		3.1
10 beans		0.7
1 cut piece		0
Beans, string, green, canned, low sodium		
1 cup		1.6
Beans, string, green, canned, low sodium, fat not added in cooking		
1 cup		1.6
Beans, string, green, canned, low sodium, fat added in cooking		
1 cup		1.6
Beans, string, yellow, cooked		
1 cup		2.5
10 beans		1.2
Beans, string, yellow, cooked, from fresh		
1 cup		2.4
10 beans		1.2
Beans, string, yellow, cooked, from frozen		
1 cup		2
10 beans		0.9
Beans, string, yellow, cooked, from canned		
1 cup		1.6
1 can (15.5 oz) yields		3
10 beans		0.7
Beans, string, yellow, cooked, fat not added in cooking		
1 cup		2.5
10 beans		1.2
Beans, string, yellow, cooked, from fresh, fat not added in cooking		
1 cup		2.3
10 beans		1.2
Beans, string, yellow, cooked, from frozen, fat not added in cooking		
1 cup		2
10 beans		0.9
Beans, string, yellow, cooked, from canned, fat not added in cooking		
1 cup		1.6
1 can (15.5 oz) yields		3
10 beans		0.7
Beans, string, yellow, cooked, fat added in cooking		
1 cup		2.5
10 beans		1.2

Beans, string, yellow, cooked, from fresh, fat added in cooking	
1 cup	2.4
10 beans	1.2
Beans, string, yellow, cooked, from frozen, fat added in cooking	
1 cup	2
10 beans	0.9
Beans, string, yellow, cooked, from canned, fat added in cooking	
1 cup	1.6
1 can (15.5 oz) yields	3
10 beans	0.7
Bean sprouts, cooked	
1 cup	5.9
Bean sprouts, cooked, from fresh	
1 cup	5.9
Bean sprouts, cooked, from canned	
1 cup	1.8
Bean sprouts, cooked, fat not added in cooking	
1 cup	5.9
Bean sprouts, cooked, from fresh, fat not added in cooking	
1 cup	5.9
Bean sprouts, cooked, from canned, fat not added in cooking	
1 cup	1.8
Bean sprouts, cooked, fat added in cooking	
1 cup	5.9
Bean sprouts, cooked, from fresh, fat added in cooking	
1 cup	5.9
Bean sprouts, cooked, from canned, fat added in cooking	
1 cup	1.8
Beets, cooked	
1 cup, whole	2.7
1 cup	2.9
1 cup, shredded	3.3
1 cup, diced	2.6
1 cup, slices	2.9
1 slice	0.1
Beets, cooked, from fresh	
1 cup, whole	2.7
1 cup, shredded	3.3
1 cup, diced	2.6
1 cup, slices	2.9
1 cup	2.9
1 whole, fresh (2" dia)	0.9
1 slice	0.1

Beets, cooked, from frozen	
1 cup, whole	2.7
1 cup, diced	2.6
1 cup, slices	2.9
1 cup	2.9
1 slice	0.1
Beets, cooked, from canned	
1 cup, whole	1.5
1 cup, shredded	1.8
1 cup, diced	1.4
1 cup, slices	1.6
1 cup	1.6
1 whole, canned	0.2
1 slice	0.1
Beets, cooked, fat not added in cooking	
1 cup, slices	2.8
1 cup, whole	2.7
1 cup	2.8
1 cup, diced	2.6
1 cup, shredded	3.3
1 slice	0.1
Beets, cooked, from fresh, fat not added in cooking	
1 cup, whole	2.7
1 cup, shredded	3.3
1 cup, diced	2.6
1 cup, slices	2.8
1 cup	2.8
1 whole, fresh (2" dia)	0.8
1 slice	0.1
Beets, cooked, from frozen, fat not added in cooking	
1 cup, whole	2.7
1 cup, diced	2.6
1 cup, slices	2.8
1 cup	2.8
1 slice	0.1
Beets, cooked, from canned, fat not added in cooking	
1 cup, whole	1.5
1 cup, shredded	1.8
1 cup, diced	1.4
1 cup, slices	1.5
1 cup	1.5
1 whole, canned	0.2
1 slice	0.1
Beets, cooked, fat added in cooking	
1 cup, slices	2.9
1 cup, whole	2.7
1 cup	2.9
1 cup, diced	2.6
1 cup, shredded	3.3
1 slice	0.1

Beets, cooked, from fresh, fat added in cooking	
1 cup, whole	2.7
1 cup, shredded	3.3
1 cup, diced	2.6
1 cup, slices	2.9
1 cup	2.9
1 whole, fresh (2" dia)	0.9
1 slice	0.1
Beets, cooked, from frozen, fat added in cooking	
1 cup, whole	2.7
1 cup, diced	2.6
1 cup, slices	2.9
1 cup	2.9
1 slice	0.1
Beets, cooked, from canned, fat added in cooking	
1 cup, whole	1.5
1 cup, shredded	1.8
1 cup, diced	1.4
1 cup, slices	1.6
1 cup	1.6
1 whole, canned	0.2
1 slice	0.1
Beets, canned, low sodium	
1 cup	1.4
1 cup, slices	1.4
1 cup, whole	1.3
1 cup, diced	1.4
1 slice	0.1
Beets, canned, low sodium, fat not added in cooking	
1 cup	1.4
1 cup, slices	1.4
1 cup, whole	1.3
1 cup, diced	1.4
1 slice	0.1
Beets, canned, low sodium, fat added in cooking	
1 cup	1.4
1 cup, slices	1.4
1 cup, whole	1.3
1 cup, diced	1.4
1 slice	0.1
Bitter melon, cooked	
1 cup	1
Bitter melon, cooked, fat not added in cooking	
1 cup	1
Bitter melon, cooked, fat added in cooking	
1 cup	1
1 melon (9-3/8" x 1-1/2" dia) yields	1

Breadfruit, cooked, fat not added in cooking	
1 cup	3
1 cubic inch	0.2
1 piece	0.4
Breadfruit, fried	
1 cup	2.1
Broccoflower, cooked	
1 cup, fresh	2.5
1 cup, flowerets	2.5
1 cup	2.5
1 medium head (5-6" dia)	13
1 large head (6-7" dia)	15.4
1 floweret	0.7
1 small head (4" dia)	9.8
Broccoflower, cooked, fat not added in cooking	
1 cup, fresh	2.5
1 cup, flowerets	2.5
1 cup	2.5
1 medium head (5-6" dia)	12.6
1 large head (6-7" dia)	15
1 floweret	0.7
1 small head (4" dia)	9.5
Broccoflower, cooked, fat added in cooking	
1 cup, fresh	2.5
1 cup, flowerets	2.5
1 cup	2.5
1 medium head (5-6" dia)	13
1 large head (6-7" dia)	15.4
1 floweret	0.7
1 small head (4" dia)	9.8
Brussels sprouts, cooked	
1 cup	3.9
1 sprout	0.5
Brussels sprouts, cooked, from fresh	
1 cup	3.9
1 sprout	0.5
Brussels sprouts, cooked, from frozen	
1 cup	5.6
1 sprout	0.8
Brussels sprouts, cooked, fat not added in cooking	
1 cup	3.9
1 sprout	0.5
Brussels sprouts, cooked, from fresh, fat not added in cooking	
1 cup	3.9
1 sprout	0.5
Brussels sprouts, cooked, from frozen, fat not added in cooking	
1 cup	5.6
1 sprout	0.8

Brussels sprouts, cooked, fat added in cooking	
1 cup	3.9
1 sprout	0.5
Brussels sprouts, cooked, from fresh, fat added in cooking	
1 cup	3.9
1 sprout	0.5
Brussels sprouts, cooked, from frozen, fat added in cooking	
1 cup	5.6
1 sprout	0.8
Burdock, cooked, fat not added in cooking	
1 cup	2.6
1 root	3.5
Cabbage, Chinese, cooked	
1 cup	2.4
1 leaf	0.2
1 medium head	7.6
1 large head	12.6
1 small head	5.6
Cabbage, Chinese, cooked, fat not added in cooking	
1 cup	2.3
1 leaf	0.2
Cabbage, Chinese, cooked, fat added in cooking	
1 cup	2.4
1 leaf	0.2
Cabbage, green, cooked	
1 cup	1.9
1 medium head (about 5-3/4" dia)	11.1
1 large head (about 7" dia)	15.2
1 medium leaf	0.3
1 large leaf	0.4
1 small head (about 4-1/2" dia)	8.7
1 small leaf	0.2
Cabbage, green, cooked, fat not added in cooking	
1 cup	1.9
1 medium head (about 5-3/4" dia)	11
1 large head (about 7" dia)	15.1
1 medium leaf	0.3
1 large leaf	0.4
1 small head (about 4-1/2" dia)	8.6
1 small leaf	0.2
Cabbage, green, cooked, fat added in cooking	
1 cup	1.9
1 medium head (about 5-3/4" dia)	11.1
1 large head (about 7" dia)	15.2
1 medium leaf	0.3
1 large leaf	0.4
1 small head (about 4-1/2" dia)	8.7
1 small leaf	0.2

Cabbage, red, cooked	
1 cup	2.3
1 medium head (about 5" dia)	12.2
1 large head (about 5-1/2" dia)	16.5
1 leaf	0.3
1 small head (about 4" dia)	8.3
Cabbage, red, cooked, fat not added in cooking	
1 cup	2.2
1 medium head (about 5" dia)	12.1
1 large head (about 5-1/2" dia)	16.3
1 leaf	0.3
1 small head (4" dia)	8.2
Cabbage, red, cooked, fat added in cooking	
1 cup	2.3
1 medium head (about 5" dia)	12.2
1 large head (about 5-1/2" dia)	16.5
1 leaf	0.3
1 small head (about 4" dia)	8.3
Cabbage, savoy, cooked	
1 cup	2.8
Cabbage, savoy, cooked, fat not added in cooking	
1 cup	2.9
Cabbage, savoy, cooked, fat added in cooking	
1 cup	2.9
Cactus, cooked	
1 cup	2
1 oz, raw, peeled (yield after cooking)	0.3
1 oz, raw, with peel (yield after cooking, peel removed)	0.2
1 pad	0.4
Cactus, cooked, fat not added in cooking	
1 cup	2
1 oz, raw, peeled (yield after cooking)	0.3
1 oz, raw, with peel (yield after cooking, peel removed)	0.2
1 pad	0.4
Cactus, cooked, fat added in cooking	
1 cup	2
1 oz, raw, peeled (yield after cooking)	0.3
1 oz, raw, with peel (yield after cooking, peel removed)	0.2
1 pad	0.4
Cauliflower, cooked	
1 cup	3.1
1 floweret	0.4

Cauliflower, cooked, from fresh	
1 cup, pieces	2.3
1 cup, flowerets	2.6
1 cup	2.5
1 medium head (5-6" dia)	10.3
1 large head (6-7" dia)	15
1 floweret	0.4
1 small head (4" dia)	4.7
Cauliflower, cooked, from frozen	
1 cup	2.9
1 8 oz frozen package yields	3.4
Cauliflower, cooked, from canned	
1 cup	3.3
Cauliflower, cooked, fat not added in cooking	
1 cup	3.2
1 floweret	0.4
Cauliflower, cooked, from fresh, fat not added in cooking	
1 cup, pieces	2.3
1 cup, flowerets	2.6
1 cup	2.5
1 medium head (5-6" dia)	10.2
1 large head (6-7" dia)	14.9
1 floweret	0.4
1 small head (4" dia)	4.7
Cauliflower, cooked, from frozen, fat not added in cooking	
1 cup	2.9
1 8 oz frozen package yields	3.4
Cauliflower, cooked, from canned, fat not added in cooking	
1 cup	3.3
Cauliflower, cooked, fat added in cooking	
1 cup	3.1
1 floweret	0.4
Cauliflower, cooked, from fresh, fat added in cooking	
1 cup, pieces	2.3
1 cup, flowerets	2.6
1 cup	2.5
1 medium head (5-6" dia)	10.3
1 large head (6-7" dia)	15
1 floweret	0.4
1 small head (4" dia)	4.7
Cauliflower, cooked, from frozen, fat added in cooking	
1 cup	2.9
1 8 oz frozen package yields	3.4
Cauliflower, cooked, from canned, fat added in cooking	
1 cup	3.3

Celery, cooked	
1 cup, diced	1.2
1 medium (7 1/2"-8" long)	0.3
1 large stalk (11" - 12" long)	0.5
1 small stalk (5" long)	0.1
Celery, cooked, fat not added in cooking	
1 cup, diced	1.2
1 medium stalk (7-1/2" - 8" long)	0.3
1 large stalk (11" - 12" long)	0.5
1 small stalk (5" long)	0.1
Celery, cooked, fat added in cooking	
1 cup, diced	1.2
1 medium stalk (7-1/2" - 8" long)	0.3
1 large stalk (11" - 12" long)	0.5
1 small stalk (5" long)	0.1
Fennel bulb, cooked	
1 fennel bulb	1.7
Fennel bulb, cooked, fat not added in cooking	
1 fennel bulb	1.8
Fennel bulb, cooked, fat added in cooking	
1 fennel bulb	1.7
Chives, dried or dehydrated	
1 cup	5.2
Christophine, cooked, fat not added in cooking	
1 cup	1.4
1 medium	2
1 small	1
Corn, cooked	
1 cup	5.4
1 baby ear	0.3
1 medium ear (6-3/4" to 7-1/2" long)	3.3
1 large ear (7-3/4" to 9" long)	3.8
1 small ear (5-1/2" to 6-1/2" long)	2.9
1 mini ear or cobette (2-1/2" to 3" long)	1.9
1 linear inch	0.6
Corn, cooked, from fresh	
1 cup	5.4
1 baby ear	0.3
1 medium ear (6-3/4" to 7-1/2" long)	3.3
1 large ear (7-3/4" to 9" long)	3.8
1 small ear (5-1/2" to 6-1/2" long)	2.9
1 mini ear or cobette (2-1/2" to 3" long)	1.9
1 linear inch	0.6

Corn, cooked, from frozen	
1 cup	4.2
1 baby ear	0.2
1 10 oz frozen package yields	6.9
1 mini ear or cobette (2-1/2" to 3" long)	1.4
1 linear inch	0.4
1 medium ear	2.1
Corn, cooked, from canned	
1 cup	4.3
1 baby ear	0.2
Corn, cooked, fat not added in cooking	
1 cup	5.4
1 baby ear	0.3
1 medium ear (6-3/4" to 7-1/2" long)	3.3
1 large ear (7-3/4" to 9" long)	3.8
1 small ear (5-1/2" to 6-1/2" long)	2.8
1 mini ear or cobette (2-1/2" to 3" long)	1.8
1 linear inch	0.6
Corn, cooked, from fresh, fat not added in cooking	
1 cup	5.4
1 baby ear	0.3
1 medium ear (6-3/4" to 7-1/2" long)	3.3
1 large ear (7-3/4" to 9" long)	3.8
1 small ear (5-1/2" to 6-1/2" long)	2.8
1 mini ear or cobette (2-1/2" to 3" long)	1.8
1 linear inch	0.6
Corn, cooked, from frozen, fat not added in cooking	
1 cup	4.2
1 baby ear	0.2
1 mini ear or cobette (2-1/2" to 3" long)	1.4
10 oz frozen package yields	6.9
1 linear inch	0.5
1 medium ear	2.2
Corn, cooked, from canned, fat not added in cooking	
1 cup	4.3
1 baby ear	0.2
1 12 oz can yields	5.6
Corn, cooked, fat added in cooking	
1 cup	5.4
1 baby ear	0.3
1 medium ear (6-3/4" to 7-1/2" long)	3.3
1 large ear (7-3/4" to 9" long)	3.8
1 small ear (5-1/2" to 6-1/2" long)	2.9
1 mini ear or cobette (2-1/2" to 3" long)	1.9
1 linear inch	0.6

Corn, cooked, from fresh, fat added in cooking	
1 cup	5.4
1 baby ear	0.3
1 medium ear (6-3/4" to 7-1/2" long)	3.3
1 large ear (7-3/4" to 9" long)	3.8
1 small ear (5-1/2" to 6-1/2" long)	2.9
1 mini ear or cobette (2-1/2" to 3" long)	1.9
1 linear inch	0.6
Corn, cooked, from frozen, fat added in cooking	
1 cup	4.2
1 baby ear	0.2
1 mini ear or cobette (2-1/2" to 3" long)	1.4
10 oz frozen package yields	6.9
1 linear inch	0.4
1 medium ear	2.1
Corn, cooked, from canned, fat added in cooking	
1 cup	4.3
1 baby ear	0.2
Corn, cream style	
1 cup	4.5
Corn, from canned, cream style	
1 cup	4.5
Corn, dried, cooked	
1 oz	0.7
1 cup, cooked	3.9
1 cup, dry, yields	9.9
1 oz, dry, yields	2.2
Corn, yellow, cooked	
1 cup	5.4
1 baby ear	0.3
1 medium ear (6-3/4" to 7-1/2" long)	3.3
1 large ear (7-3/4" to 9" long)	3.8
1 small ear (5-1/2" to 6-1/2" long)	2.9
1 mini ear or cobette (2-1/2" to 3" long)	1.9
1 linear inch	0.6
Corn, yellow, cooked, from fresh	
1 cup	5.4
1 baby ear	0.3
1 medium ear (6-3/4" to 7-1/2" long)	3.3
1 large ear (7-3/4" to 9" long)	3.8
1 small ear (5-1/2" to 6-1/2" long)	2.9
1 mini ear or cobette (2-1/2" to 3" long)	1.9
1 linear inch	0.6
Corn, yellow, cooked, from frozen	
1 cup	4.2
1 baby ear	0.2
1 mini ear or cobette (2-1/2" to 3" long)	1.4
10 oz frozen package yields	6.9
1 linear inch	0.4
1 medium ear	2.1

Corn, yellow, cooked, from canned	
1 cup	4.3
1 baby ear	0.2
1 oz, canned, yields	0.5
Corn, yellow, cooked, fat not added in cooking	
1 cup	5.4
1 baby ear	0.3
1 medium ear (6-3/4" to 7-1/2" long)	3.3
1 large ear (7-3/4" to 9" long)	3.8
1 small ear (5-1/2" to 6-1/2" long)	2.8
1 mini ear or cobette (2-1/2" to 3" long)	1.8
1 linear inch	0.6
Corn, yellow, cooked, from fresh, fat not added in cooking	
1 cup	5.4
1 baby ear	0.3
1 medium ear (6-3/4" to 7-1/2" long)	3.3
1 large ear (7-3/4" to 9" long)	3.8
1 small ear (5-1/2" to 6-1/2" long)	2.8
1 mini ear or cobette (2-1/2" to 3" long)	1.8
1 linear inch	0.6
Corn, yellow, cooked, from frozen, fat not added in cooking	
1 cup	4.2
1 baby ear	0.2
1 mini ear or cobette (2-1/2" to 3" long)	1.4
10 oz frozen package yields	6.9
1 linear inch	0.5
1 medium ear	2.2
1 kernel	0
Corn, yellow, cooked, from canned, fat not added in cooking	
1 cup	4.3
1 baby ear	0.2
1 12 oz can yields	5.6
1 oz, canned, yields	0.5
Corn, yellow, cooked, fat added in cooking	
1 cup	5.4
1 baby ear	0.3
1 medium ear (6-3/4" to 7-1/2" long)	3.3
1 large ear (7-3/4" to 9" long)	3.8
1 small ear (5-1/2" to 6-1/2" long)	2.9
1 mini ear or cobette (2-1/2" to 3" long)	1.9
1 linear inch	0.6
Corn, yellow, cooked, from fresh, fat added in cooking	
1 cup	5.4
1 baby ear	0.3
1 medium ear (6-3/4" to 7-1/2" long)	3.3
1 large ear (7-3/4" to 9" long)	3.8
1 small ear (5-1/2" to 6-1/2" long)	2.9
1 mini ear or cobette (2-1/2" to 3" long)	1.9
1 linear inch	0.6

Corn, yellow, cooked, from frozen, fat added in cooking	
1 cup	4.2
1 baby ear	0.2
1 mini ear or cobette (2-1/2" to 3" long)	1.4
10 oz frozen package yields	6.9
1 linear inch	0.4
1 medium ear	2.1
Corn, yellow, cooked, from canned, fat added in cooking	
1 cup	4.3
1 baby ear	0.2
1 oz, canned, yields	0.5
Corn, yellow, cream style	
1 cup	4.5
Corn, yellow, from canned, cream style	
1 cup	4.5
Corn, yellow and white, cooked	
1 cup	5.4
1 baby ear	0.3
1 medium ear (6-3/4" to 7-1/2" long)	3.3
1 large ear (7-3/4" to 9" long)	3.8
1 small ear (5-1/2" to 6-1/2" long)	2.9
1 mini ear or cobette (2-1/2" to 3" long)	1.9
1 linear inch	0.6
Corn, yellow and white, cooked, from fresh	
1 cup	5.4
1 baby ear	0.3
1 medium ear (6-3/4" to 7-1/2" long)	3.3
1 large ear (7-3/4" to 9" long)	3.8
1 small ear (5-1/2" to 6-1/2" long)	2.9
1 mini ear or cobette (2-1/2" to 3" long)	1.9
1 linear inch	0.6
Corn, yellow and white, cooked, from frozen	
1 cup	4.3
1 baby ear	0.2
1 mini ear or cobette (2-1/2" to 3" long)	1.5
10 oz frozen package yields	7.2
1 linear inch	0.5
Corn, yellow and white, cooked, from canned	
1 cup	4.3
1 baby ear	0.2
Corn, yellow and white, cooked, fat not added in cooking	
1 cup	5.4
1 baby ear	0.3
1 medium ear (6-3/4" to 7-1/2" long)	3.3
1 large ear (7-3/4" to 9" long)	3.8
1 small ear (5-1/2" to 6-1/2" long)	2.8
1 mini ear or cobette (2-1/2" to 3" long)	1.8
1 linear inch	0.6

Corn, yellow and white, cooked, from fresh, fat not added in cooking

1 cup	5.4
1 baby ear	0.3
1 medium ear (6-3/4" to 7-1/2" long)	3.3
1 large ear (7-3/4" to 9" long)	3.8
1 small ear (5-1/2" to 6-1/2" long)	2.8
1 mini ear or cobette (2-1/2" to 3" long)	1.8
1 linear inch	0.6

Corn, yellow and white, cooked, from frozen, fat not added in cooking

1 cup	4.3
1 baby ear	0.2
1 mini ear or cobette (2-1/2" to 3" long)	1.5
10 oz frozen package yields	7.2
1 linear inch	0.5

Corn, yellow and white, cooked, from canned, fat not added in cooking

1 cup	4.3
1 baby ear	0.2
1 12 oz can yields	5.5

Corn, yellow and white, cooked, fat added in cooking

1 cup	5.4
1 baby ear	0.3
1 medium ear (6-3/4" to 7-1/2" long)	3.3
1 large ear (7-3/4" to 9" long)	3.8
1 small ear (5-1/2" to 6-1/2" long)	2.9
1 mini ear or cobette (2-1/2" to 3" long)	1.9
1 linear inch	0.6

Corn, yellow and white, cooked, from fresh, fat added in cooking

1 cup	5.4
1 baby ear	0.3
1 medium ear (6-3/4" to 7-1/2" long)	3.3
1 large ear (7-3/4" to 9" long)	3.8
1 small ear (5-1/2" to 6-1/2" long)	2.9
1 mini ear or cobette (2-1/2" to 3" long)	1.9
1 linear inch	0.6

Corn, yellow and white, cooked, from frozen, fat added in cooking

1 cup	4.3
1 baby ear	0.2
1 mini ear or cobette (2-1/2" to 3" long)	1.5
10 oz frozen package yields	7.2
1 linear inch	0.5

Corn, yellow and white, cooked, from canned, fat added in cooking

1 cup	4.3
1 baby ear	0.2

Corn, yellow, cream style, fat added in cooking

1 cup	4.5
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Corn, yellow, from canned, cream style, fat added in cooking

1 cup	4.5
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Corn, white, cooked	
1 cup	5.4
1 baby ear	0.3
1 medium ear (6-3/4" to 7-1/2" long)	3.3
1 large ear (7-3/4" to 9" long)	3.8
1 small ear (5-1/2" to 6-1/2" long)	2.9
1 mini ear or cobette (2-1/2" to 3" long)	1.9
1 linear inch	0.6
Corn, white, cooked, from fresh	
1 cup	5.4
1 baby ear	0.3
1 medium ear (6-3/4" to 7-1/2" long)	3.3
1 large ear (7-3/4" to 9" long)	3.8
1 small ear (5-1/2" to 6-1/2" long)	2.9
1 mini ear or cobette (2-1/2" to 3" long)	1.9
1 linear inch	0.6
Corn, white, cooked, from frozen	
1 cup	4.5
1 baby ear	0.2
1 mini ear or cobette (2-1/2" to 3" long)	1.5
10 oz frozen package yields	7.5
1 linear inch	0.5
1 medium ear	2.3
Corn, white, cooked, from canned	
1 cup	4.3
1 baby ear	0.2
Corn, white, cooked, fat not added in cooking	
1 cup	5.4
1 baby ear	0.3
1 medium ear (6-3/4" to 7-1/2" long)	3.3
1 large ear (7-3/4" to 9" long)	3.8
1 small ear (5-1/2" to 6-1/2" long)	2.8
1 mini ear or cobette (2-1/2" to 3" long)	1.8
1 linear inch	0.6
Corn, white, cooked, from fresh, fat not added in cooking	
1 cup	5.4
1 baby ear	0.3
1 medium ear (6-3/4" to 7-1/2" long)	3.3
1 large ear (7-3/4" to 9" long)	3.8
1 small ear (5-1/2" to 6-1/2" long)	2.8
1 mini ear or cobette (2-1/2" to 3" long)	1.8
1 linear inch	0.6
Corn, white, cooked, from frozen, fat not added in cooking	
1 cup	4.5
1 baby ear	0.2
1 mini ear or cobette (2-1/2" to 3" long)	1.5
10 oz frozen package yields	7.5
1 linear inch	0.5
1 medium ear	2.3

Corn, white, cooked, from canned, fat not added in cooking	
1 cup	4.3
1 baby ear	0.2
1 12 oz can yields	5.5
Corn, white, cooked, fat added in cooking	
1 cup	5.4
1 baby ear	0.3
1 medium ear (6-3/4" to 7-1/2" long)	3.3
1 large ear (7-3/4" to 9" long)	3.8
1 small ear (5-1/2" to 6-1/2" long)	2.9
1 mini ear or cobette (2-1/2" to 3" long)	1.9
1 linear inch	0.6
Corn, white, cooked, from fresh, fat added in cooking	
1 cup	5.4
1 baby ear	0.3
1 medium ear (6-3/4" to 7-1/2" long)	3.3
1 large ear (7-3/4" to 9" long)	3.8
1 small ear (5-1/2" to 6-1/2" long)	2.9
1 mini ear or cobette (2-1/2" to 3" long)	1.9
1 linear inch	0.6
Corn, white, cooked, from frozen, fat added in cooking	
1 cup	4.5
1 baby ear	0.2
1 mini ear or cobette (2-1/2" to 3" long)	1.5
10 oz frozen package yields	7.5
1 linear inch	0.5
1 medium ear	2.3
Corn, white, cooked, from canned, fat added in cooking	
1 cup	4.3
1 baby ear	0.2
Corn, white, cream style	
1 cup	4.5
Corn, white, from canned, cream style	
1 cup	4.5
Corn, yellow, canned, low sodium	
1 cup	5.5
Corn, yellow, canned, low sodium, fat not added in cooking	
1 cup	5.4
1 baby ear	0.3
Corn, yellow, canned, low sodium, fat added in cooking	
1 cup	5.5
Cucumber, cooked	
1 cup	1.1
Cucumber, cooked, fat not added in cooking	
1 cup	1.4
Cucumber, cooked, fat added in cooking	
1 cup	1.1
1 slice	0

Eggplant, cooked	
1 cup, cubes	0.8
1 cup, diced	1.6
1 cup	0.8
1 medium eggplant	4.5
1 large eggplant	5.4
1 small eggplant	3.4
1 eggplant	4.5
1 slice	0.4
Eggplant, cooked, fat not added in cooking	
1 cup, cubes	0.8
1 cup, diced	1.6
1 cup	0.8
1 medium eggplant	4.4
1 large eggplant	5.3
1 small eggplant	3.4
1 eggplant	4.4
1 slice	0.4
Eggplant, cooked, fat added in cooking	
1 cup, cubes	0.8
1 cup, diced	1.6
1 cup	0.8
1 medium eggplant	4.5
1 large eggplant	5.4
1 small eggplant	3.4
1 eggplant	4.5
1 slice	0.4
Flowers or blossoms of sesbania, squash, or lily, fat not added in cooking	
1 cup	1.1
Garlic, cooked	
1 tablespoon	0.5
1 clove	0.1
Hominy, cooked	
1 cup	2.4
Hominy, cooked, fat not added in cooking	
1 cup	2.4
Hominy, cooked, fat added in cooking	
1 cup	2.4
Kohlrabi, cooked, fat not added in cooking	
1 cup	3
Leek, cooked	
1 cup	2.6
1 leek (about 6-3/4" long, 1" dia)	1.3
1 slice	0.1

Lotus root, cooked, fat not added in cooking	
1 cup	1.9
10 slices	1.4
Mushrooms, cooked	
1 cup	3.4
1 medium	0.3
1 large	0.4
1 small	0.1
8 caps	1
10 slices	0.9
Mushrooms, cooked, from fresh	
1 cup	3.4
1 medium	0.3
1 large	0.4
1 small	0.1
8 caps	1
10 slices	0.9
Mushrooms, cooked, from frozen	
1 cup	3.4
1 medium	0.3
1 large	0.4
1 small	0.1
8 caps	1
10 slices	0.9
Mushrooms, cooked, from canned	
1 cup	2.9
1 2 oz can yields	1.1
1 medium	0.2
1 large	0.3
1 small	0.1
8 caps	0.9
10 slices	0.8
Mushrooms, cooked, fat not added in cooking	
1 cup	3.4
1 medium	0.3
1 large	0.3
1 small	0.2
8 caps	1
10 slices	0.9
Mushrooms, cooked, from fresh, fat not added in cooking	
1 cup	3.4
1 medium	0.3
1 large	0.3
1 small	0.2
8 caps	1
10 slices	0.9

Mushrooms, cooked, from frozen, fat not added in cooking	
1 cup	3.4
1 medium	0.3
1 large	0.3
1 small	0.2
8 caps	1
10 slices	0.9

Mushrooms, cooked, from canned, fat not added in cooking	
1 cup	2.9
1 2 oz can yields	1.1
1 medium	0.2
1 large	0.3
1 small	0.1
8 caps	0.9
10 slices	0.7

Mushrooms, cooked, fat added in cooking	
1 cup	3.4
1 medium	0.3
1 large	0.4
1 small	0.1
8 caps	1
10 slices	0.9

Mushrooms, cooked, from fresh, fat added in cooking	
1 cup	3.4
1 medium	0.3
1 large	0.4
1 small	0.1
8 caps	1
10 slices	0.9

Mushrooms, cooked, from frozen, fat added in cooking	
1 cup	3.4
1 medium	0.3
1 large	0.4
1 small	0.1
8 caps	1
10 slices	0.9

Mushrooms, cooked, from canned, fat added in cooking	
1 cup	2.9
1 2 oz can yields	1.1
1 medium	0.2
1 large	0.3
1 small	0.1
8 caps	0.9
10 slices	0.8

Mushroom, Oriental, cooked, from dried	
1 cup	2.3

Okra, cooked	
1 cup	3.6
1 pod	0.2

Okra, cooked, from fresh	
1 cup	3
1 pod	0.2
Okra, cooked, from frozen	
1 cup	3.8
1 10 oz frozen package yields	5.3
1 piece	0.2
Okra, cooked, from canned	
1 cup	3.1
1 pod	0.2
Okra, cooked, fat not added in cooking	
1 cup	3.6
1 pod	0.2
Okra, cooked, from fresh, fat not added in cooking	
1 cup	3
1 pod	0.2
Okra, cooked, from frozen, fat not added in cooking	
1 cup	3.8
1 10 oz frozen package yields	5.3
1 piece	0.2
Okra, cooked, from canned, fat not added in cooking	
1 cup	3.1
1 pod	0.2
Okra, cooked, fat added in cooking	
1 cup	3.6
1 pod	0.2
Okra, cooked, from fresh, fat added in cooking	
1 cup	3
1 pod	0.2
Okra, cooked, from frozen, fat added in cooking	
1 cup	3.8
1 10 oz frozen package yields	5.3
1 piece	0.2
Okra, cooked, from canned, fat added in cooking	
1 cup	3.1
1 pod	0.2
Lettuce, cooked, fat not added in cooking	
1 cup	0.7
Luffa (Chinese okra), cooked, fat not added in cooking	
1 cup	3.3
1 medium	2.8
1 large	3.7
1 small	1.8

Onions, mature, cooked	
1 cup	2.9
1 medium	1.3
1 large	1.7
1 medium slice (1/8" thick)	0.2
1 large slice (1/4" thick)	0.4
1 small	0.8
1 thin slice	0.1
Onions, mature, cooked, from fresh	
1 cup	2.9
1 medium	1.3
1 large	1.7
1 medium slice (1/8" thick)	0.2
1 large slice (1/4" thick)	0.4
1 small	0.8
1 thin slice	0.1
Onions, mature, cooked, from frozen	
1 cup	1.6
Onions, mature, cooked, fat not added in cooking	
1 cup	2.8
1 medium	1.3
1 large	1.7
1 medium slice (1/8" thick)	0.2
1 large slice (1/4" thick)	0.4
1 small	0.8
1 thin slice	0.1
Onions, mature, cooked, from fresh, fat not added in cooking	
1 cup	2.8
1 medium	1.3
1 large	1.7
1 medium slice (1/8" thick)	0.2
1 large slice (1/4" thick)	0.4
1 small	0.8
1 thin slice	0.1
Onions, mature, cooked, from frozen, fat not added in cooking	
1 cup	1.6
Onions, mature, cooked or sauteed, fat added in cooking	
1 cup	2.9
1 medium	1.3
1 large	1.7
1 medium slice (1/8" thick)	0.2
1 large slice (1/4" thick)	0.4
1 small	0.8
1 thin slice	0.1
Onions, mature, cooked or sauteed, from fresh, fat added in cooking	
1 cup	2.9
1 medium	1.3
1 large	1.7
1 medium slice (1/8" thick)	0.2
1 large slice (1/4" thick)	0.4
1 small	0.8
1 thin slice	0.1

Onions, mature, cooked or sauteed, from frozen, fat added in cooking	
1 cup	1.6
Onions, pearl, cooked	
1 cup	2.5
1 pearl onion	0.2
Onions, pearl, cooked, from fresh	
1 cup	2.5
1 pearl onion	0.2
Onions, pearl, cooked, from frozen	
1 cup	1.3
1 pearl onion	0.1
Onions, pearl, cooked, from canned	
1 cup	2.5
1 pearl onion	0.2
Onion, young green, cooked	
1 cup	4.1
1 medium (4-1/8" long)	0.3
1 large	0.5
1 small (3" long)	0.1
Onion, young green, cooked, from fresh	
1 cup	4.1
1 medium (4-1/8" long)	0.3
1 large	0.5
1 small (3" long)	0.1
Onions, young green, cooked, fat not added in cooking	
1 cup	4.2
1 medium (4-1/8" long)	0.3
1 large	0.5
1 small (3" long)	0.1
Onions, young green, cooked, from fresh, fat not added in cooking	
1 cup	4.2
1 medium (4-1/8" long)	0.3
1 large	0.5
1 small (3" long)	0.1
Onion, young green, cooked, fat added in cooking	
1 cup	4.1
1 medium (4-1/8" long)	0.3
1 large	0.5
1 small (3" long)	0.1
Onion, young green, cooked, from fresh, fat added in cooking	
1 cup	4.1
1 medium (4-1/8" long)	0.3
1 large	0.5
1 small (3" long)	0.1
Onion, dehydrated	
1 tablespoon	0.4

Palm hearts, cooked (fat not added in cooking)	
1 cup	3.9
1 heart (3-1/4" long)	1
Parsley, cooked (fat not added in cooking)	
1 cup	2.6
10 sprigs	0.4
Parsnips, cooked	
1 cup, pieces	2.1
1 cup, mashed	2.8
1 cup	2.1
1 medium	1.3
1 large (9" long)	2.1
1 small (6" long)	0.5
Parsnips, cooked, fat not added in cooking	
1 cup, pieces	2
1 cup, mashed	2.8
1 cup	2
1 medium	1.3
1 large (9" long)	2.1
1 small (6" long)	0.5
Parsnips, cooked, fat added in cooking	
1 cup, pieces	2.1
1 cup, mashed	2.8
1 cup	2.1
1 medium	1.3
1 large (9" long)	2.1
1 small (6" long)	0.5
Peas, cowpeas, field peas, or blackeye peas (not dried), cooked	
1 cup	5.4
Peas, cowpeas, field peas, or blackeye peas (not dried), cooked, from fresh	
1 cup	5.2
Peas, cowpeas, field peas, or blackeye peas (not dried), cooked, from frozen	
1 cup	14.4
Peas, cowpeas, field peas, or blackeye peas (not dried), cooked, from canned	
1 cup	5.7
Peas, cowpeas, field peas, or blackeye peas (not dried), cooked, fat not added in cooking	
1 cup	5.4
Peas, cowpeas, field peas, or blackeye peas (not dried), cooked, from fresh, fat not added in cooking	
1 cup	5.2
Peas, cowpeas, field peas, or blackeye peas (not dried), cooked, from frozen, fat not added in cooking	
1 cup	14.3

Peas, cowpeas, field peas, or blackeye peas (not dried), cooked, from canned, fat not added in cooking	
1 cup	5.7
Peas, cowpeas, field peas, or blackeye peas (not dried), cooked, fat added in cooking	
1 cup	5.4
Peas, cowpeas, field peas, or blackeye peas (not dried), cooked, from fresh, fat added in cooking	
1 cup	5.2
Peas, cowpeas, field peas, or blackeye peas (not dried), cooked, from frozen, fat added in cooking	
1 cup	14.4
Peas, cowpeas, field peas, or blackeye peas (not dried), cooked, from canned, fat added in cooking	
1 cup	5.7
Peas, green, cooked	
1 cup	8.5
Peas, green, cooked, from fresh	
1 cup	8.5
Peas, green, cooked, from frozen	
1 cup	8.2
1 10 oz frozen package yields	13
1 piece	0
Peas, green, cooked, from canned	
1 cup	7.5
1 14.5 oz can yields	11.8
Peas, green, cooked, fat not added in cooking	
1 cup	8.5
Peas, green, cooked, from fresh, fat not added in cooking	
1 cup	8.5
Peas, green, cooked, from frozen, fat not added in cooking	
1 cup	8.2
1 10 oz frozen package yields	13
1 piece	0
Peas, green, cooked, from canned, fat not added in cooking	
1 cup	7.5
1 17 oz can yields	13.8
Peas, green, cooked, fat added in cooking	
1 cup	8.5
Peas, green, cooked, from fresh, fat added in cooking	
1 cup	8.5
Peas, green, cooked, from frozen, fat added in cooking	
1 cup	8.2
1 10 oz frozen package yields	13
1 piece	0

Peas, green, cooked, from canned, fat added in cooking 1 cup	7.5
Peas, green, canned, low sodium 1 cup	5.5
Peas, green, canned, low sodium, fat not added in cooking 1 cup	5.4
Peas, green, canned, low sodium, fat added in cooking 1 cup	5.5
Pigeon peas, cooked, fat not added in cooking 1 cup	9.1
Pigeon peas, cooked, from fresh, fat not added in cooking 1 cup	9.1
Pigeon peas, cooked, from canned, fat not added in cooking 1 cup	9.1
Peppers, green, cooked	
1 cup	1.3
1 medium pepper (2-3/4" long, 2-1/2" dia)	1.1
1 large pepper (3-3/4" long, 3" dia)	1.5
1 small pepper	0.7
1 cherry pepper	0.1
Peppers, green, cooked, fat not added in cooking	
1 cup	1.3
1 medium pepper (2-3/4" long, 2-1/2" dia)	1
1 large pepper (3-3/4" long, 3" dia)	1.4
1 small pepper	0.7
1 cherry pepper	0.1
Peppers, green, cooked, fat added in cooking	
1 cup	1.3
1 medium pepper (2-3/4" long, 2-1/2" dia)	1.1
1 large pepper (3-3/4" long, 3" dia)	1.5
1 small pepper	0.7
1 cherry pepper	0.1
10 strips	0.5
Peppers, red, cooked	
1 cup	1.4
1 medium pepper (2-3/4" long, 2-1/2" dia)	1.2
1 large pepper (3-3/4" long, 3" dia)	1.7
1 small pepper	0.8
10 strips	0.6

Peppers, red, cooked, fat not added in cooking	
1 cup	1.3
1 medium pepper (2-3/4" long, 2-1/2" dia)	1
1 large pepper (3-3/4" long, 3" dia)	1.4
1 small pepper	0.7
Peppers, red, cooked, fat added in cooking	
1 cup	1.3
1 medium pepper (2-3/4" long, 2-1/2" dia)	1.1
1 large pepper (3-3/4" long, 3" dia)	1.5
1 small pepper	0.7
10 strips	0.5
Peppers, hot, cooked	
1 cup, chopped	2.9
1 tablespoon	0.2
1 pepper	1.6
1 jalapeno pepper	0.3
Peppers, hot, cooked, from fresh	
1 cup, chopped	2.9
1 tablespoon	0.2
1 pepper	1.6
1 jalapeno pepper	0.3
Peppers, hot, cooked, from frozen	
1 cup, chopped	2.9
1 tablespoon	0.2
1 pepper	1.6
1 jalapeno pepper	0.3
Peppers, hot, cooked, from canned	
1 cup, chopped	2.9
1 tablespoon	0.2
1 pepper	1.6
1 jalapeno pepper	0.3
Peppers, hot, cooked, fat not added in cooking	
1 cup, chopped	2.8
1 tablespoon	0.2
1 pepper	0.9
1 jalapeno pepper	0.3
Peppers, hot, cooked, from fresh, fat not added in cooking	
1 cup, chopped	2.8
1 tablespoon	0.2
1 pepper	0.9
1 jalapeno pepper	0.3
Peppers, hot, cooked, from frozen, fat not added in cooking	
1 cup, chopped	2.8
1 tablespoon	0.2
1 pepper	1.5
1 jalapeno pepper	0.3

Peppers, hot, cooked, from canned, fat not added in cooking	
1 cup, chopped	2.8
1 tablespoon	0.2
1 pepper	1.5
1 jalapeno pepper	0.3
Peppers, hot, cooked, fat added in cooking	
1 cup, chopped	2.8
1 tablespoon	0.2
1 pepper	0.9
1 jalapeno pepper	0.3
Peppers, hot, cooked, from fresh, fat added in cooking	
1 cup, chopped	2.8
1 tablespoon	0.2
1 pepper	0.9
1 jalapeno pepper	0.3
Peppers, hot, cooked, from frozen, fat added in cooking	
1 cup, chopped	2.8
1 tablespoon	0.2
1 pepper	1.5
1 jalapeno pepper	0.3
Peppers, hot, cooked, from canned, fat added in cooking	
1 cup, chopped	2.8
1 tablespoon	0.2
1 pepper	1.5
1 jalapeno pepper	0.3
Pimiento	
1 cup	2.6
1 whole pimiento	0.9
10 strips	0.1
Radish, Japanese (daikon), cooked, fat not added in cooking	
1 cup	0.9
Radish, Japanese (daikon), cooked, fat added in cooking	
1 cup	1
Rutabaga, cooked	
1 cup, pieces	2.2
1 cup, mashed	3.1
1 cup	2.2
1 medium	4.6
1 large	9.2
1 small	2.3
Rutabaga, cooked, fat not added in cooking	
1 cup, pieces	2.2
1 cup, mashed	3.1
1 cup	2.2
1 medium	4.6
1 large	9.2
1 small	2.3

Rutabaga, cooked, fat added in cooking	
1 cup, pieces	2.2
1 cup, mashed	3.1
1 cup	2.2
1 medium	4.6
1 large	9.2
1 small	2.3
Salsify (vegetable oyster), cooked, fat not added in cooking	
1 cup	3.7
Sauerkraut, cooked	
1 cup	1.3
Sauerkraut, cooked, fat not added in cooking	
1 cup	1.3
Sauerkraut, cooked, fat added in cooking	
1 cup	1.3
Sauerkraut, canned, low sodium	
1 cup	1.3
Snowpea (pea pod), cooked	
1 cup	5.2
10 snowpeas	0.9
Snowpea (pea pod), cooked, from fresh	
1 cup	5.2
10 snowpeas	0.9
Snowpea (pea pod), cooked, from frozen	
1 cup	5.6
1 10 oz frozen package yields	8.8
10 snowpeas	0.9
Snowpea (pea pod), cooked, fat not added in cooking	
1 cup	5.2
10 snowpeas	0.8
Snowpea (pea pod), cooked, from fresh, fat not added in cooking	
1 cup	5.2
10 snowpeas	0.8
Snowpea (pea pod), cooked, from frozen, fat not added in cooking	
1 cup	5.6
1 10 oz frozen package yields	8.8
10 snowpeas	0.9
Snowpea (pea pod), cooked, fat added in cooking	
1 cup	5.2
10 snowpeas	0.9
Snowpea (pea pod), cooked, from fresh, fat added in cooking	
1 cup	5.2
10 snowpeas	0.9

Snowpea (pea pod), cooked, from frozen, fat added in cooking	
1 cup	5.6
1 10 oz frozen package yields	8.8
10 snowpeas	0.9
Seaweed, dried	
1 cup	4.8
1 strip	0.2
Seaweed, prepared with soy sauce	
1 cup	3.7
Squash, summer, cooked	
1 cup, slices	1.6
1 cup, diced	1.9
1 cup, mashed	2.2
1 cup	1.6
1 medium	3.1
1 large	4.7
1 small	1.7
1 slice	0.1
Squash, summer, cooked, from fresh	
1 cup, slices	1.6
1 cup, diced	1.9
1 cup, mashed	2.2
1 cup	1.6
1 medium	3.1
1 large	4.7
1 small	1.7
1 slice	0.1
Squash, summer, cooked, from frozen	
1 cup, slices	2.2
1 cup, diced	2.5
1 cup, mashed	2.9
1 cup	2.2
1 slice	0.1
Squash, summer, cooked, from canned	
1 cup, slices	1.1
1 cup, diced	1.3
1 cup, mashed	1.5
1 cup	1.1
1 slice	0
Squash, summer, cooked, fat not added in cooking	
1 cup	1.6
1 cup, slices	1.6
1 cup, diced	1.9
1 cup, mashed	2.2
1 medium	3.1
1 large	4.6
1 small	1.7
1 slice	0.1

Squash, summer, cooked, from fresh, fat not added in cooking	
1 cup	1.6
1 cup, slices	1.6
1 cup, diced	1.9
1 cup, mashed	2.2
1 medium	3.1
1 large	4.6
1 small	1.7
1 slice	0.1

Squash, summer, cooked, from frozen, fat not added in cooking	
1 cup	2.2
1 cup, slices	2.2
1 cup, diced	2.5
1 cup, mashed	2.9
1 10 oz frozen package yields	2.7
1 slice	0.1

Squash, summer, cooked, from canned, fat not added in cooking	
1 cup	1.3
1 cup, slices	1.3
1 cup, diced	1.3
1 cup, mashed	1.5
1 slice	0

Squash, summer, cooked, fat added in cooking	
1 cup, slices	1.6
1 cup, diced	1.9
1 cup, mashed	2.2
1 cup	1.6
1 medium	3.1
1 large	4.7
1 small	1.7
1 slice	0.1

Squash, summer, cooked, from fresh, fat added in cooking	
1 cup, slices	1.6
1 cup, diced	1.9
1 cup, mashed	2.2
1 cup	1.6
1 medium	3.1
1 large	4.7
1 small	1.7
1 slice	0.1

Squash, summer, cooked, from frozen, fat added in cooking	
1 cup, slices	2.2
1 cup, diced	2.5
1 cup, mashed	2.9
1 cup	2.2
1 slice	0.1

Squash, summer, cooked, from canned, fat added in cooking	
1 cup, slices	1.1
1 cup, diced	1.3
1 cup, mashed	1.5
1 cup	1.1
1 slice	0

Squash, spaghetti, cooked	
1 cup, cooked	1
1 squash yields	6.5
Squash, spaghetti, cooked, fat added in cooking	
1 cup, cooked	1
1 squash yields	6.5
Squash, spaghetti, cooked, fat not added in cooking	
1 cup, cooked	1
1 squash yields	6.5
Sequin (Portuguese squash), cooked, fat not added in cooking	
1 cup	1.6
Turnip, cooked	
1 cup, pieces	1.1
1 cup, mashed	1.6
1 cup	1.1
1 medium	0.8
1 large	1.2
1 small	0.4
Turnip, cooked, from fresh	
1 cup, pieces	1.1
1 cup, mashed	1.6
1 cup	1.1
1 medium	0.8
1 large	1.2
1 small	0.4
Turnip, cooked, from frozen	
1 cup, pieces	2.4
1 cup	2.4
Turnip, cooked, from canned	
1 cup, pieces	1.1
1 cup	1.1
Turnip, cooked, fat not added in cooking	
1 cup, pieces	1.1
1 cup, mashed	1.6
1 cup	1.1
1 medium	0.8
1 large	1.2
1 small	0.4
Turnip, cooked, from fresh, fat not added in cooking	
1 cup, pieces	1.1
1 cup, mashed	1.6
1 cup	1.1
1 medium	0.8
1 large	1.2
1 small	0.4
Turnip, cooked, from frozen, fat not added in cooking	
1 cup, pieces	2.4
1 cup	2.4

Turnip, cooked, from canned, fat not added in cooking	
1 cup, pieces	1.1
1 cup	1.1
Turnip, cooked, fat added in cooking	
1 cup, pieces	1.1
1 cup, mashed	1.6
1 cup	1.1
1 medium	0.8
1 large	1.2
1 small	0.4
Turnip, cooked, from fresh, fat added in cooking	
1 cup, pieces	1.1
1 cup, mashed	1.6
1 cup	1.1
1 medium	0.8
1 large	1.2
1 small	0.4
Turnip, cooked, from frozen, fat added in cooking	
1 cup, pieces	2.4
1 cup	2.4
Turnip, cooked, from canned, fat added in cooking	
1 cup, pieces	1.1
1 cup	1.1
Water chestnut	
1 cup	1.4
1 medium	0.1
Winter melon, cooked	
1 cup	0.7
Yeast	
1 tablespoon, dry	4.6
Yeast extract spread	
1 teaspoon	1.7
Beans, lima and corn (succotash), cooked	
1 cup	8.2
Beans, lima and corn (succotash), cooked, fat not added in cooking	
1 cup	8.2
Beans, lima and corn (succotash), cooked, fat added in cooking	
1 cup	8.2
Beans, green string, with tomatoes, cooked, fat not added in cooking	
1 cup	2.5
Beans, green string, with onions, cooked, fat not added in cooking	
1 cup	2.1
Beans, green string, with chickpeas, cooked, fat not added in cooking	
1 cup	4.6

Beans, green string, with almonds, cooked, fat not added in cooking 1 cup	7.8
Beans, green, and potatoes, cooked, fat not added in cooking 1 cup	2.5
Beans, green, with pinto beans, cooked, fat not added in cooking 1 cup	2.4
Beans, green, with spaetzel, cooked, fat not added in cooking 1 cup	3.5
Bean salad, yellow and/or green string beans 1 cup	4.3
Beans, green string, with onions 1 cup	2.4
Beans, green string, with onions, fat added in cooking 1 cup	2.4
Beans, green, and potatoes, cooked 1 cup	2.5
Beans, green, and potatoes, cooked, fat added in cooking 1 cup	2.5
Corn with peppers, red or green, cooked 1 cup	5.5
Corn with peppers, red or green, cooked, fat not added in cooking 1 cup	5.5
Corn with peppers, red or green, cooked, fat added in cooking 1 cup	5.5
Eggplant in tomato sauce, cooked, fat not added in cooking 1 cup	2.5
Green peppers and onions, cooked, fat added in cooking 1 cup	1.7
Mixed vegetables (corn, lima beans, peas, green beans, and carrots), cooked 1 cup	5.2
Mixed vegetables (corn, lima beans, peas, green beans, and carrots), cooked, from frozen 1 cup	5.2
1 10 oz frozen package yields	7.9
Mixed vegetables (corn, lima beans, peas, green beans, and carrots), cooked, from canned 1 cup	4.7
1 oz, canned, yields	0.5
Mixed vegetables (corn, lima beans, peas, green beans, and carrots), cooked, fat not added in cooking 1 cup	5.2

Mixed vegetables (corn, lima beans, peas, green beans, and carrots), cooked, from frozen, fat not added in cooking	
1 cup	5.2
1 10 oz frozen package yields	7.8
Mixed vegetables (corn, lima beans, peas, green beans, and carrots), cooked, from canned, fat not added in cooking	
1 cup	4.7
1 oz, canned, yields	0.5
Mixed vegetables (corn, lima beans, peas, green beans, and carrots), cooked, fat added in cooking	
1 cup	5.2
Mixed vegetables (corn, lima beans, peas, green beans, and carrots), cooked, from frozen, fat added in cooking	
1 cup	5.2
1 10 oz frozen package yields	7.9
Mixed vegetables (corn, lima beans, peas, green beans, and carrots), cooked, from canned, fat added in cooking	
1 cup	4.7
1 oz, canned, yields	0.5
Mixed vegetables (corn, lima beans, peas, green beans, and carrots), canned, low sodium	
1 cup	2.6
Mixed vegetables (corn, lima beans, peas, green beans, and carrots), canned, low sodium, fat not added in cooking	
1 cup	2.5
Mixed vegetables (corn, lima beans, peas, green beans, and carrots), canned, low sodium, fat added in cooking	
1 cup	2.6
Peas and corn, cooked	
1 cup	7
Peas and corn, cooked, fat not added in cooking	
1 cup	7
Peas and corn, cooked, fat added in cooking	
1 cup	7
Peas and onions, cooked	
1 cup	4.6
Peas and onions, cooked, fat not added in cooking	
1 cup	4.5
Peas and onions, cooked, fat added in cooking	
1 cup	4.6
Peas with mushrooms, cooked, fat not added in cooking	
1 cup	7.2
Cowpeas with snap beans, cooked, fat not added in cooking	
1 cup	4.2

Peas and potatoes, cooked, fat not added in cooking	
1 cup	5.6
Squash, summer, and onions, cooked, fat not added in cooking	
1 cup	2
Zucchini with tomato sauce, cooked, fat not added in cooking	
1 cup	1.6
Squash, summer, and onions, cooked, fat added in cooking	
1 cup	2
Ratatouille	
1 cup	1.7
Vegetables, stew type (including potatoes, carrots, onions, celery) cooked	
1 cup	2.1
1 24 oz frozen package yields	8.7
Vegetables, stew type (including potatoes, carrots, onions, celery) cooked, fat added in cooking	
1 cup	2.1
1 24 oz frozen package yields	8.7
Vegetables, stew type (including potatoes, carrots, onions, celery) cooked, fat not added in cooking	
1 cup	2.1
1 24 oz frozen package yields	8.7
Vegetable combinations, Oriental style, (broccoli, green pepper, water chestnut, etc) cooked	
1 cup	3.3
Vegetable combinations, Oriental style, (broccoli, green pepper, water chestnuts, etc), cooked, fat not added in cooking	
1 cup	3.2
Vegetable combinations, Oriental style, (broccoli, green pepper, water chestnuts, etc), cooked, fat added in cooking	
1 cup	3.3
Vegetable combinations (broccoli, carrots, corn, cauliflower, etc.), cooked	
1 cup	2.8
Vegetable combinations (broccoli, carrots, corn, cauliflower, etc.), cooked, fat not added in cooking	
1 cup	2.8
Vegetable combinations (broccoli, carrots, corn, cauliflower, etc.), cooked, fat added in cooking	
1 cup	2.8
Vegetable combination (green beans, broccoli, onions, mushrooms), cooked	
1 cup	2.5

Vegetable combination (green beans, broccoli, onions, mushrooms), cooked, fat not added in cooking	
1 cup	2.5
Vegetable combination (green beans, broccoli, onions, mushrooms), cooked, fat added in cooking	
1 cup	2.5
Vegetable and pasta combinations with cream or cheese sauce (broccoli, pasta, carrots, corn, zucchini, peppers, cauliflower, peas, etc.), cooked	
1 cup	5.7
1 Garden Gourmet Fettuccine Primavera (9.5 oz)	9.5
Jai, Monk's Food (mushrooms, lily roots, bean curd, water chestnuts)	
1 cup	9
Pinacbet (eggplant with tomatoes, bitter melon, etc.)	
1 cup	2.2
Vegetable mixture, dried	
1 tablespoon	1.2
Artichokes, stuffed	
1 cup yields	3.3
1 stuffed globe	14.2
10 stuffed leaves yields	2.4
Asparagus, creamed or with cheese sauce	
1 cup	11.9
Asparagus, from fresh, creamed or with cheese sauce	
1 cup	11.9
Asparagus, from frozen, creamed or with cheese sauce	
1 cup	12.8
Asparagus, from canned, creamed or with cheese sauce	
1 cup	10.3
Beans, lima, immature, creamed or with cheese sauce	
1 cup	18.3
Beans, lima, immature, from fresh, creamed or with cheese sauce	
1 cup	18.3
Beans, lima, immature, from frozen, creamed or with cheese sauce	
1 cup	17.6
Beans, lima, immature, from canned, creamed or with cheese sauce	
1 cup	18.3
Beans, lima, immature, cooked, with mushroom sauce	
1 cup	9.3
Beans, lima, immature, cooked, from fresh, with mushroom sauce	
1 cup	10.2
Beans, lima, immature, cooked, from frozen, with mushroom sauce	
1 cup	9.3

Beans, lima, immature, cooked, from canned, with mushroom sauce		
1 cup		10.2
Beans, string, green, creamed or with cheese sauce		
1 cup		12.5
Beans, string, green, from fresh, creamed or with cheese sauce		
1 cup		12.5
Beans, string, green, from frozen, creamed or with cheese sauce		
1 cup		11.6
Beans, string, green, from canned, creamed or with cheese sauce		
1 cup		11.1
Beans, string, green, cooked, with mushroom sauce		
1 cup		3.9
Beans, string, green, cooked, from fresh, with mushroom sauce		
1 cup		4.4
Beans, string, green, cooked, from frozen, with mushroom sauce		
1 cup		3.9
Beans, string, green, cooked, from canned, with mushroom sauce		
1 cup		3.6
Beans, string, green, cooked, Szechuan-style, fat added in cooking		
1 cup		4.3
10 beans		0.6
Beans, string, yellow, creamed or with cheese sauce		
1 cup		12.5
Beans, string, yellow, from fresh, creamed or with cheese sauce		
1 cup		12.5
Beans, string, yellow, from frozen, creamed or with cheese sauce		
1 cup		11.6
Beans, string, yellow, from canned, creamed or with cheese sauce		
1 cup		11.1
Beets with Harvard sauce		
1 cup		2.9
Brussels sprouts, creamed		
1 cup		7.1
1 sprout		0.7
Brussels sprouts, from fresh, creamed		
1 cup		7.1
1 sprout		0.7
Brussels sprouts, from frozen, creamed		
1 cup		8.5
1 sprout		0.9
Cabbage, creamed		
1 cup		4.9

Cauliflower, creamed		
1 cup		12.4
1 floweret		1.7
Cauliflower, from fresh, creamed		
1 cup		12.4
1 floweret		1.7
Cauliflower, from frozen, creamed		
1 cup		10.4
1 floweret		1.5
Cauliflower, from canned, creamed		
1 cup		12.4
1 floweret		1.7
Cauliflower, batter-dipped, fried		
1 cup		3.3
1 floweret		1
Celery, creamed		
1 cup		5
Chiles rellenos, cheese-filled (stuffed chili peppers)		
1 cup		19.1
1 chili		15.5
Chiles rellenos, filled with meat and cheese (stuffed chili peppers)		
1 cup		19.2
1 chili		15.6
Corn, scalloped or pudding		
1 cup		10.4
Corn fritter		
1 cup		8.5
1 fritter		2.8
Corn, cooked, with cream sauce, made with milk		
1 cup		8.2
Corn, cooked, from fresh, with cream sauce, made with milk		
1 cup		8.2
Corn, cooked, from frozen, with cream sauce, made with milk		
1 cup		7.3
Corn, cooked, from canned, with cream sauce, made with milk		
1 cup		7.4
Eggplant, batter-dipped, fried		
1 cup		5.3
1 cubic inch		0.2
1 slice (3" dia, 1/2" thick)		1.2
1 eggplant, yields		8.2
Eggplant dip		
1 cup		9.6

Eggplant parmesan casserole, regular	
1 cup	14.1
1 cubic inch	0.7
1 slice (3" dia, 1/2" thick)	3.1
Eggplant with cheese and tomato sauce	
1 cup	13.6
Kohlrabi, creamed	
1 cup	5
Mushrooms, creamed	
1 cup	6
Mushrooms, from fresh, creamed	
1 cup	6.3
Mushrooms, from frozen, creamed	
1 cup	6
Mushrooms, from canned, creamed	
1 cup	6
Mushrooms, stuffed	
1 cup	22
1 stuffed cap	2.8
Mushrooms, batter-dipped, fried	
1 cup	4.5
1 medium	0.5
1 large	0.6
1 fast food order	2.4
1 small	0.3
Okra, batter-dipped, fried	
1 cup	4.5
1 piece	0.4
Onions, creamed	
1 cup	5.2
Onions, from fresh, creamed	
1 cup	5.2
Onion rings, batter-dipped, baked or fried	
1 cup	3.3
1 fast food order	5.9
10 medium rings (2" - 3" dia)	4.1
10 large rings (3" - 4" dia)	4.9
10 small rings (1" - 2" dia)	3.3

Onion rings, from fresh, batter-dipped, baked or fried	
1 cup	3.3
1 order	5.9
10 medium rings (2" - 3" dia)	4.1
10 large rings (3" - 4" dia)	4.9
10 small rings (1" - 2" dia)	3.3
Onion rings, from frozen, batter-dipped, baked or fried	
1 cup	3.4
1 fast food order	6.1
10 medium rings (2" - 3" dia)	4.2
10 large rings (3" - 4" dia)	5
10 small rings (1" - 2" dia)	3.4
Parsnips, creamed	
1 cup	5.5
Pea salad	
1 cup	10.5
Pea salad with cheese	
1 cup	18.8
Peas, creamed	
1 cup	11.4
Peas, from fresh, creamed	
1 cup	11.4
Peas, from frozen, creamed	
1 cup	11.2
Peas, from canned, creamed	
1 cup	10.2
Peas, cooked, with mushroom sauce	
1 cup	9
Peas, cooked, from fresh, with mushroom sauce	
1 cup	9
Peas, cooked, from frozen, with mushroom sauce	
1 cup	8.7
Peas, cooked, from canned, with mushroom sauce	
1 cup	7.9
Squash, summer, yellow or green, breaded or battered, baked	
1 cup	6.3
1 stick	0.3
1 slice	0.4
Squash, summer, yellow or green, breaded or battered, fried	
1 cup	6
1 stick (3" long)	0.2
1 slice	0.4
Squash, summer, casserole with tomato and cheese	
1 cup	5.8

Squash, summer, casserole, with rice and tomato sauce 1 cup	3.3
Squash, summer, casserole, with cheese sauce 1 cup	7.5
Squash, summer, creamed 1 cup	4.6
Squash, summer, from fresh, creamed 1 cup	4.6
Squash, summer, from frozen, creamed 1 cup	4.8
Squash, summer, from canned, creamed 1 cup	3.9
Squash, summer, souffle 1 cup	6
Turnips, creamed 1 cup	4.7
Turnips, from fresh, creamed 1 cup	4.7
Turnips, from frozen, creamed 1 cup	5.8
Turnips, from canned, creamed 1 cup	4.7
Creamed christophine, Puerto Rican style (Chayote a la crema) 1 serving (1/2 chayote, 4-1/2" x 3-1/2" x 1-1/2") (without shell)	2.4
Vegetable stew without meat 1 cup	6.4
Chop suey, meatless, no noodles 1 cup	5
Vegetable combination (including carrots, broccoli, and/or dark-green leafy), cooked, with soy-based sauce 1 cup	4.1
Vegetable combination (excluding carrots, broccoli, and dark-green leafy), cooked, with soy-based sauce 1 cup	5.7
Vegetable sticks, breaded (including corn, carrots, and green beans) 1 cup	4.7
1 stick (2-1/2" x 5/8" x 1/2")	0.6
Vegetable tempura 1 cup	2.3
1 piece	0.3
1 fritter	1.1

Vegetables, dipped in chick-pea flour batter, (pakora), fried 1 pakora	0.5
Vegetable combinations (including carrots, broccoli, and/or dark-green leafy), cooked, with cheese sauce 1 cup	8.5
Vegetable combinations (excluding carrots, broccoli, and dark-green leafy), cooked, with cheese sauce 1 cup	9.8
Vegetable combination (including carrots, broccoli, and/or dark-green leafy), cooked, with cream sauce 1 cup	6.5
Vegetable combination (excluding carrots, broccoli, and dark-green leafy), cooked, with cream sauce 1 cup	9.2
Vegetable combination (including carrots, broccoli, and/or dark-green leafy), cooked, with butter sauce 1 cup	3.5
Vegetable combinations (including carrots, broccoli, and/or dark-green leafy), cooked, with pasta 1 cup	5.1
Vegetable combinations (excluding carrots, broccoli, and dark-green leafy), cooked, with pasta 1 cup	5.9
Vegetable combinations (including carrots, broccoli, and/or dark-green leafy), cooked, with butter sauce and pasta 1 cup	6.7
Vegetable combinations (excluding carrots, broccoli, and dark-green leafy), cooked, with butter sauce and pasta 1 cup	7.5
Beans, string, green, pickled 1 cup	2.1
Beets, pickled 1 cup, sliced	2.4
1 medium	0.7
1 large	1.1
1 small	0.2
10 slices	0.9
Celery, pickled 1 cup	0.9
Corn relish 1 cup	4.3
Cauliflower, pickled 1 cup	1.9
1 floweret	0.4

Cabbage, fresh, pickled, Japanese style	
1 cup	2.4
Cabbage, red, pickled	
1 cup	0.9
Cabbage, Kim Chee style	
1 cup	2.5
Cabbage, mustard, salted	
1 cup	1.4
Cucumber pickles, dill	
1 cup (about 23 slices)	0.9
1 cup, chopped or diced	0.9
1 cup	0.9
1 medium (3-3/4" long)	0.4
1 large (4" long)	0.8
1 small	0.2
1 spear	0.2
1 slice	0
1 baby dill	0.2
1 stacker	0.1
Cucumber pickles, relish	
1 cup	0.9
1 packet (2/3 tablespoon)	0
Cucumber pickles, sour	
1 cup	0.5
1 medium (3-3/4" long)	0.2
1 large (4" long)	0.4
1 small	0.1
1 spear	0.1
1 slice	0
Cucumber pickles, sweet	
1 cup	1
1 cup, chopped	0.9
1 cup, sliced	0.9
1 midget, Gherkin (2-1/8" long)	0
1 medium, Gherkin (2-3/4" long)	0.1
1 large, Gherkin (3" long)	0.2
1 small, Gherkin (2-1/2" long)	0.1
1 spear, Gherkin	0.1
1 slice	0
Cucumber pickles, fresh	
1 cup	1
1 slice	0
Eggplant, pickled	
1 cup	1.2
Horseradish	
1 tablespoon	0.2
Mustard pickles	
1 cup	3.7

Cucumber pickles, dill, reduced salt	
1 cup (about 23 slices)	0.5
1 cup, chopped or diced	0.5
1 cup	0.5
1 medium (3-3/4" long)	0.2
1 large (4" long)	0.4
1 small	0.1
1 spear	0.1
1 slice	0
Cucumber pickles, sweet, reduced salt	
1 cup	0.6
1 cup, chopped or diced	0.6
1 cup, sliced	0.6
1 medium	0.1
1 large	0.1
1 small	0.1
1 slice	0
Mushrooms, pickled	
1 cup	4.1
1 medium	0.3
1 large	0.4
1 small	0.2
8 caps	1.2
Mustard	
1 teaspoon	0.2
1 cup	10.9
1 packet	0.2
Mustard sauce	
1 cup	1.9
Okra, pickled	
1 pod	0.2
Olives	
1 cup, whole	1.4
1 cup, sliced or chopped	1.2
1 cup	1.2
1 medium	0
1 large	0
1 small	0
1 giant	0.1
Olives, green	
1 cup	1.4
1 cup, whole	1.5
1 cup, sliced or chopped	1.4
10 large	0.4
10 giant	0.7
10 medium	0.4
10 small	0.3

Olives, black	
1 cup, sliced	1.2
1 cup	1.2
1 cup, whole	1.3
10 medium	0.4
10 large	0.4
10 extra large	0.5
10 small	0.3
1 Greek olive	0.1
Olives, green, stuffed	
1 cup	1.5
10 medium	0.4
10 large	0.5
10 small	0.4
Hot pepper sauce	
1 cup	3.1
1 packet	0.1
10 drops	0
Peppers, pickled	
1 cup	1.1
1 medium	0.2
Pepper, hot, pickled	
1 cup	1.7
1 medium (1-1/2" x 3/4" x 5/8")	0.1
1 large (2-1/4" x 1-1/4" x 3/4")	0.2
1 small (1-1/4" x 1/2" x 1/4")	0.1
Pickles	
1 cup	0.9
1 medium	0.4
1 large	0.8
1 small	0.2
1 spear	0.2
1 slice	0
Pickles, mixed	
1 cup	0.6
Radishes, pickled, Hawaiian style	
1 cup	1.6
Recaito (Puerto Rican little coriander)	
1 cup	5.1
Seaweed, pickled	
1 cup	2
Vegetables, pickled, Hawaiian style	
1 cup	1.5
Vegetable relish	
1 cup	1
Vegetables, pickled	
1 cup	1.7

Turnip, pickled	
1 cup	1.3
1 slice	0.1
Tsukemono, Japanese pickles	
1 cup	1.8
Zucchini, pickled	
1 cup	1.8
Soup, cream of	
1 cup	6.1
Asparagus soup, cream of	
1 cup	4.3
Asparagus soup, cream of, prepared with milk	
1 cup	6.3
1 can (10.75 oz), prepared to directions	15.4
Asparagus soup, cream of, prepared with water	
1 cup	2.3
1 can (10.75 oz), prepared to directions	5.6
Beet soup (borscht)	
1 cup	3.4
Cabbage soup	
1 cup	4.1
Cabbage with meat soup	
1 cup	13.8
Cauliflower soup, cream of, prepared with milk	
1 cup	7.5
Celery soup, cream of	
1 cup	3.6
1 can (10.75 oz), prepared to directions	8.8
Celery soup, cream of, prepared with milk	
1 cup	5.7
1 can (10.75 oz), prepared to directions	13.8
Celery soup, cream of, prepared with water	
1 cup	1.7
1 can (10.75 oz), prepared to directions	4
Celery soup, cream of, canned, undiluted	
1 cup	3.3
1 can (10.75 oz), undiluted	4
Corn soup, cream of, prepared with milk	
1 cup	7.8
Corn soup, cream of, prepared with water	
1 cup	5.3
1 can (10.75 oz), prepared to directions	12.9

Cucumber soup, cream of, prepared with milk	
1 cup	7.1
Gazpacho	
1 cup	7.1
Gazpacho, canned, undiluted	
1 can (10.5 oz), undiluted	8.6
Leek soup, cream of, prepared with milk	
1 cup	6.8
Leek soup, made from dry mix	
1 cup	2.1
Mushroom soup	
1 cup	1.9
Mushroom soup, cream of, prepared with milk	
1 cup	6.1
1 can (10.75 oz), prepared to directions	14.7
Mushroom soup, cream of, prepared with water	
1 cup	2
1 can (10.75 oz), prepared to directions	4.9
Mushroom soup, canned, undiluted	
1 cup	4
1 can (10.75 oz), undiluted	4.9
Mushroom soup, with meat broth, prepared with water	
1 cup	3.1
1 can (10.75 oz), prepared to directions	3.9
Mushroom soup, cream of, low sodium, prepared with water	
1 cup	2.4
1 can (10.75 oz), prepared to directions	5.9
Mushroom soup, cream of	
1 cup	4
Mushroom with chicken soup, cream of, prepared with milk	
1 cup	8.4
1 can (10.75 oz), prepared to directions	20.5
Mushroom soup, cream of, canned, reduced sodium	
1 cup	3.5
1 can (10.75 oz), prepared to directions	8.6
Mushroom soup, cream of, canned, reduced sodium, prepared with milk	
1 cup	5.6
1 can (10.75 oz), prepared to directions	13.5
Mushroom soup, made from dry mix	
1 cup	1.7

Mushroom soup, cream of, canned, reduced sodium, prepared with water	
1 cup	1.5
1 can (10.75 oz), prepared to directions	3.7
Mushroom soup, cream of, canned, reduced sodium, undiluted	
1 cup	3
1 can (10.75 oz), undiluted	3.7
Onion soup, cream of, prepared with milk	
1 cup	6.8
1 can (10.75 oz), prepared to directions	16.5
Onion soup, cream of, canned, undiluted	
1 cup	5.5
1 can (10.75 oz), undiluted	6.7
Onion soup, French	
1 cup	17.9
Onion soup, made from dry mix	
1 cup	0.8
Onion soup, dry mix, not reconstituted	
1 package (1.5 oz)	2.9
Pea soup	
1 cup	8
Pea soup, prepared with milk	
1 cup	12.6
Pea soup, prepared with water	
1 cup	8
1 can (11.25 oz), prepared to directions	19.4
Pea soup, instant type	
1 cup	0.7
Pea soup, canned, low sodium, prepared with water	
1 cup	8
Vegetable soup, cream of, prepared with milk	
1 cup	9.2
Zucchini soup, cream of, prepared with milk	
1 cup	6.1
Shav soup	
1 cup	2.2
Seaweed soup	
1 cup	8.5
Vegetable soup, prepared with water or ready-to-serve	
1 cup	3
1 can (10.5 oz), prepared to directions	7.2
Vegetable soup, canned, undiluted	
1 cup	6
1 can (10.5 oz), undiluted	7.2

Vegetable soup, canned, low sodium, prepared with water or ready-to-serve	
1 cup	2.7
1 can (7.25 oz), ready-to-serve	2.3
Vegetable soup, made from dry mix	
1 cup	2.9
Vegetable soup, dry mix, not reconstituted	
1 tablespoon	0.1
1 packet	4.5
Amount of dry mix to make 8 fl oz prepared	2.2
Vegetable soup, made from dry mix, low sodium	
1 cup	2.8
Vegetable soup, cream of, made from dry mix, low sodium, prepared with water	
1 cup	18.9
1 packet yields	21.3
Vegetable soup, home recipe	
1 cup	4.1
Vegetable noodle soup, home recipe	
1 cup	4.9
Minestrone soup, canned, reduced sodium, ready-to-serve	
1 cup	4.8
1 Campbell's can (16 oz)	9.1
Minestrone soup, home recipe	
1 cup	9
Vegetable bean soup, prepared with water or ready-to-serve	
1 cup	4.3
1 can (10.5 oz), prepared to directions	10.4
Vegetable beef soup, prepared with water	
1 cup	5.6
1 can (10.75 oz), prepared to directions	13.6
Vegetable beef noodle soup, prepared with water	
1 cup	5.1
1 can (10.75 oz), prepared to directions	12.3
Vegetable noodle soup, prepared with water	
1 cup	2.1
1 can (10.75 oz), prepared to directions	5.2
Vegetable chicken or turkey soup, prepared with water or ready-to-serve	
1 cup	3.3
1 can (10.5 oz), ready-to-serve	4.1
Vegetable chicken or turkey soup, canned, undiluted	
1 cup	6.7

Vegetable rice soup, prepared with water 1 cup	2.7
Vegetable beef soup with rice, prepared with water or ready-to-serve 1 cup	5.5
Vegetable chicken soup, canned, low sodium, prepared with water 1 cup	12.3
Vegetable chicken rice soup, prepared with water or ready-to-serve 1 cup	3.6
Vegetable chicken noodle soup, prepared with water or ready-to-serve 1 cup	3.4
Vegetable soup with chicken broth, Mexican style (Sopa Ranchera) 1 cup	5.8
Vegetable noodle soup, canned, reduced sodium, prepared with water or ready-to-serve 1 cup	4.4
1 Progresso can (16 oz)	8.3
Vegetable beef soup, home recipe 1 cup	15.7
Vegetable beef soup, canned, undiluted 1 can	13.6
1 cup	11.2
Vegetable beef soup, prepared with milk 1 cup	9.6
1 can (10.75 oz), prepared to directions	23.4
Vegetable beef soup with noodles or pasta, home recipe 1 cup	15.5
Vegetable beef soup with rice, home recipe 1 cup	15.5
Vegetarian vegetable soup, prepared with water 1 cup	2.1
Vegetarian vegetable soup, undiluted 1 cup	4.2
1 can (10.5 oz), undiluted	5.1
Vegetable soup, Spanish style, stew type 1 cup	14.6
Vegetable soup, chunky style 1 cup	3.5
Vegetable soup, with pasta, chunky style 1 cup	5.1
1 can (19 oz)	11.5
Vegetable beef soup, chunky style 1 cup	11.1
10-3/4 oz can, ready-to-serve	14.2
19 oz can, ready-to-serve	25

Vegetable broth, bouillon
1 cup

2.1

Vegetable Mixtures, Baby Food

Spinach, creamed, baby food, strained	
1 tablespoon	0.4
1 cup	6
1 jar	2.8
1 Gerber Second Foods Jar (4 oz)	2.8
Broccoli, carrots and cheese, baby food, junior	
1 tablespoon	0.5
1 cup	7.3
1 jar	5.1
1 Gerber Third Foods jar (6 oz)	5.1
1 Heinz Junior-3 jar (6 oz)	5.1
Carrots, baby food	
1 tablespoon	0.1
1 cup	1.8
1 jar	1.4
Carrots, baby food, strained	
1 tablespoon	0.1
1 cup	1.8
1 jar	0.9
1 Earth's Best jar	0.9
1 Gerber First Foods Jar (2.5 oz)	0.6
1 Beech-Nut Stage 1 Starter Size jar	0.6
1 Beech-Nut Stage 1 Jar (4 oz)	0.9
1 Gerber Second Foods Jar (4 oz)	0.9
1 Beech-Nut Stage 2 jar (4 oz)	0.9
1 Heinz Beginner-1 jar (2.5 oz)	0.6
1 Heinz Strained-2 jar (4 oz)	0.9
Carrots, baby food, junior	
1 tablespoon	0.1
1 cup	1.8
1 jar	1.4
1 Beech-Nut Stage 3 jar (6 oz)	1.4
1 Gerber Third Foods jar (6 oz)	1.4
1 Heinz Junior-3 jar (6 oz)	1.4
Carrots, baby food, toddler	
1 tablespoon	0.1
1 cup	1
1 piece	0
1 Gerber Graduates container (4.5 oz) yields	0.4
Carrots and peas, baby food, strained	
1 tablespoon	0.3
1 cup	4.6
1 jar	2.3
1 Beech-Nut Stage 2 jar (4 oz)	2.3

Squash, baby food	
1 tablespoon	0.1
1 cup	1.8
1 jar	1.4
Squash, baby food, strained	
1 tablespoon	0.1
1 cup	1.8
1 jar	0.9
1 Beech-Nut Stage 1 Starter Size jar	0.6
1 Beech-Nut Stage 1 Jar (4 oz)	0.9
1 Earth's Best jar	0.9
1 Gerber First Foods Jar (2.5 oz)	0.6
1 Gerber Second Foods Jar (4 oz)	0.9
1 Beech-Nut Stage 2 jar (4 oz)	0.9
1 Heinz Beginner-1 jar (2.5 oz)	0.6
1 Heinz Strained-2 jar (4 oz)	0.9
Squash, baby food, junior	
1 tablespoon	0.1
1 cup	1.8
1 jar	1.4
1 Gerber Third Foods jar (6 oz)	1.4
1 Heinz Junior-3 jar (6 oz)	1.4
Squash and corn, baby food, strained	
1 cup	4.5
1 tablespoon	0.3
1 jar	2.3
1 Gerber Tender Harvest jar	2.3
Corn and sweetpotatoes, baby food, strained	
1 tablespoon	0.2
1 jar	1.4
1 Beech-Nut Stage 2 jar (4 oz)	1.4
1 Del Monte Step 2 jar (4 oz)	1.4
Sweetpotatoes, baby food	
1 tablespoon	0.2
1 cup	2.5
1 jar	1.9
Sweetpotatoes, baby food, strained	
1 tablespoon	0.2
1 cup	2.5
1 jar	1.2
1 Earth's Best jar	1.2
1 Gerber First Foods Jar (2.5 oz)	0.8
1 Beech-Nut Stage 1 Starter Size jar	0.8
1 Beech-Nut Stage 1 Jar (4 oz)	1.2
1 Gerber Second Foods Jar (4 oz)	1.2
1 Heinz Beginner-1 jar (2.5 oz)	0.8
1 Heinz Strained-2 jar (4 oz)	1.2

Sweetpotatoes, baby food, junior	
1 tablespoon	0.2
1 cup	2.5
1 jar	1.9
1 Beech-Nut Stage 3 jar (6 oz)	1.9
1 Gerber Third Foods jar (6 oz)	1.9
1 Heinz Junior-3 jar (6 oz)	1.9
Beans, green string, baby food	
1 tablespoon	0.2
1 cup	2.9
1 jar	2
Beans, green string, baby food, strained	
1 tablespoon	0.2
1 cup	2.9
1 jar	1.4
1 Beech-Nut Stage 1 Jar (4 oz)	1.4
1 Gerber First Foods Jar (2.5 oz)	0.9
1 Gerber Second Foods Jar (4 oz)	1.4
1 Beech-Nut Stage 2 jar (4 oz)	1.4
1 Heinz Beginner-1 jar (2.5 oz)	0.9
1 Heinz Strained-2 jar (4 oz)	1.4
Beans, green string, baby food, junior	
1 tablespoon	0.2
1 cup	2.9
1 jar	2
1 Beech-Nut Stage 3 jar (6 oz)	2
Beans, green string, baby food, toddler	
1 tablespoon	0.1
1 cup	2
1 jar	0.9
1 Gerber Graduates container (4.5 oz) yields	0.9
Green beans and potatoes, baby food, strained	
1 cup	5.3
1 tablespoon	0.3
1 jar	2.5
1 Gerber Tender Harvest jar	2.5
Beets, baby food, strained	
1 tablespoon	0.2
1 cup	2.9
1 jar	1.5
1 Gerber Second Foods Jar (4 oz)	1.5
1 Heinz Strained-2 jar (4 oz)	1.5
Corn, creamed, baby food	
1 tablespoon	0.2
1 cup	3.4
1 jar	2.4

Corn, creamed, baby food, strained	
1 tablespoon	0.2
1 cup	3.4
1 jar	1.6
1 Beech-Nut Stage 2 jar (4 oz)	1.6
1 Gerber Second Foods Jar (4 oz)	1.6
1 Heinz Strained-2 jar (4 oz)	1.6
Corn, creamed, baby food, junior	
1 tablespoon	0.2
1 cup	3.4
1 jar	2.4
1 Heinz Junior-3 jar (6 oz)	2.4
Mixed vegetables, garden vegetables, baby food	
1 tablespoon	0.2
1 cup	3.9
Mixed vegetables, garden vegetables, baby food, strained	
1 tablespoon	0.3
1 cup	4.2
1 jar	2
1 Beech-Nut Stage 2 jar (4 oz)	2
1 Gerber Second Foods Jar (4 oz)	2
1 Heinz Strained-2 jar (4 oz)	2
Mixed vegetables, garden vegetables, baby food, junior	
1 tablespoon	0.2
1 cup	3.4
1 jar	2.4
1 Gerber Third Foods jar (6 oz)	2.4
Peas, baby food	
1 tablespoon	0.5
1 cup	7.8
1 jar	5.6
Peas, baby food, strained	
1 tablespoon	0.5
1 cup	7.8
1 jar	3.7
1 Beech-Nut Stage 1 Starter Size jar	2.3
1 Beech-Nut Stage 1 Jar (4 oz)	3.7
1 Gerber First Foods Jar (2.5 oz)	2.3
1 Gerber Second Foods Jar (4 oz)	3.7
1 Heinz Beginner-1 jar (2.5 oz)	2.3
1 Heinz Strained-2 jar (4 oz)	3.7
Peas, baby food, junior	
1 tablespoon	0.5
1 cup	7.8
1 jar	5.6
1 Gerber Third Foods jar (6 oz)	5.6
1 Heinz Junior-3 jar (6 oz)	5.6

Peas, baby food, toddler	
1 tablespoon	0.4
1 cup	6.1
1 piece	0
1 jar	2.8
1 Gerber Graduates container (4.5 oz) yields	2.8
Potatoes, baby food, toddler	
1 tablespoon	0.1
1 cup	1.6
1 Gerber Graduates container (4.5 oz) yields	0.7
Vegetables and rice, baby food, strained	
1 tablespoon	0.3
1 cup	4.4
1 Earth's Best jar	2.1
Peas and brown rice, baby food	
1 tablespoon	0.5
1 cup	7.8
1 jar	3.8
1 Earth's Best jar	3.8
1 Gerber Tender Harvest jar	3.8
Vegetable and bacon, baby food, strained	
1 tablespoon	0.3
1 cup	4.9
1 jar	2.2
1 Gerber Second Foods Jar (4 oz)	2.2
1 Heinz Strained-2 jar (4 oz)	2.2
Carrots and beef, baby food, strained	
1 tablespoon	0.5
1 jar	3.8
1 Gerber Second Foods Jar (4 oz)	3.8
1 Heinz Strained-2 jar (4 oz)	3.8
Vegetable and beef, baby food	
1 tablespoon	0.4
1 cup	5.7
1 jar	3.8
Vegetable and beef, baby food, strained	
1 tablespoon	0.4
1 cup	5.7
1 jar	2.5
1 Beech-Nut Stage 2 jar (4 oz)	2.5
1 Earth's Best jar	2.5
1 Gerber Second Foods Jar (4 oz)	2.5
1 Heinz Strained-2 jar (4 oz)	2.5
Vegetable and beef, baby food, junior	
1 tablespoon	0.4
1 cup	5.7
1 jar	3.8
1 Beech-Nut Stage 3 jar (6 oz)	3.8
1 Gerber Third Foods jar (6 oz)	3.8
1 Heinz Junior-3 jar (6 oz)	3.8

Broccoli and chicken, baby food, strained	
1 tablespoon	0.5
1 jar	4.1
1 Gerber Second Foods Jar (4 oz)	4.1
1 Heinz Strained-2 jar (4 oz)	4.1
Sweetpotatoes and chicken, baby food, strained	
1 tablespoon	0.4
1 Beech-Nut Stage 2 jar (4 oz)	2.8
Vegetable and chicken, baby food	
1 tablespoon	0.4
1 cup	5.8
1 jar	3.8
Vegetable and chicken, baby food, strained	
1 tablespoon	0.4
1 cup	6.3
1 jar	2.8
1 Beech-Nut Stage 2 jar (4 oz)	2.8
1 Gerber Second Foods Jar (4 oz)	2.8
1 Heinz Strained-2 jar (4 oz)	2.8
Vegetable and chicken, baby food, junior	
1 tablespoon	0.3
1 cup	5.2
1 jar	3.5
1 Beech-Nut Stage 3 jar (6 oz)	3.5
1 Gerber Third Foods jar (6 oz)	3.5
1 Heinz Junior-3 jar (6 oz)	3.5
Vegetable and ham, baby food	
1 tablespoon	0.3
1 cup	5.4
1 jar	3.6
Vegetable and ham, baby food, strained	
1 tablespoon	0.4
1 cup	5.6
1 jar	2.5
1 Beech-Nut Stage 2 jar (4 oz)	2.5
1 Gerber Second Foods Jar (4 oz)	2.5
1 Heinz Strained-2 jar (4 oz)	2.5
Vegetable and ham, baby food, junior	
1 tablespoon	0.3
1 cup	5.2
1 jar	3.4
1 Gerber Third Foods jar (6 oz)	3.4
1 Heinz Junior-3 jar (6 oz)	3.4
Potatoes with cheese and ham, baby food, toddler	
1 tablespoon	0.6
1 Gerber Graduates container (6 oz)	5.9
1 container	5.9

Vegetable and lamb, baby food, strained	
1 tablespoon	0.3
1 cup	5.1
1 jar	2.3
1 Beech-Nut Stage 2 jar (4 oz)	2.3
1 Heinz Strained-2 jar (4 oz)	2.3
Vegetable and turkey, baby food	
1 tablespoon	0.3
1 cup	5.2
1 jar	3.4
Vegetable and turkey, baby food, strained	
1 tablespoon	0.4
1 cup	5.9
1 jar	2.6
1 Earth's Best jar	2.6
1 Gerber Second Foods Jar (4 oz)	2.6
1 Heinz Strained-2 jar (4 oz)	2.6
Vegetable and turkey, baby food, junior	
1 tablespoon	0.3
1 cup	4.4
1 jar	2.9
1 Gerber Third Foods jar (6 oz)	2.9
1 Heinz Junior-3 jar (6 oz)	2.9
1 Beech-Nut Stage 3 jar (6 oz)	2.9

Vegetables With Meat, Poultry, Fish

Fried stuffed potatoes, Puerto Rican style (Rellenos de papas)	
1 fritter (4" x 2-1/4" x 3/4")	4.5
Potato and ham fritters, Puerto Rican style (Frituras de papa y jamon)	
1 fritter (2-3/4" x 2-1/2" x 1")	4.2
Potato chicken pie, Puerto Rican style (Pastelon de pollo)	
1/4 of 9" dia pie	38.7
Green plantain with cracklings, Puerto Rican style (Mofongo)	
1 ball (3" dia)	7.1
1 cup	22
Ripe plantain fritters, Puerto Rican style (Pionono)	
1 pionono (2"x 2-1/2" x 3/4")	6.9
Ripe plantain meat pie, Puerto Rican style (Pinon)	
1 piece (4" x 2" x 2")	23.5
Cassava Pasteles, Puerto Rican style (Pasteles de yuca)	
1 pastel (6" x 2" x 1/2")	9.7
Cassava fritter stuffed with crab meat, Puerto Rican style (Empanada de yuca y jueyes)	
1 empanada (5" x 2-1/2" x 1/2")	12.1
Stuffed tannier fritters, Puerto Rican style (Alcapurrias)	
1 medium (4" x 2-1/2" x 1/2")	6.9
1 large	10.4
1 small (4" x 1" x 1/2")	2.8
Tannier fritters, Puerto Rican style (Frituras de yautia)	
1 fritter (2-1/2" x 1-1/2"x 1/2")	1.5
Puerto Rican pasteles (Pasteles de masa)	
1 pastel (5-1/2" x 2-1/4" x 1/4")	10.4
Stuffed cabbage, with meat, Puerto Rican style (Repollo relleno con carne)	
1 cup	22.2
1 stuffed cabbage leaf (2" x 3" x 1")	7.1
Stuffed cabbage, with meat and rice, Syrian dish, Puerto Rican style (Repollo relleno con carne y con arroz; Arabe Mihsy Melful)	
1 cabbage roll	3.5
Eggplant and meat casserole	
1 cup	15.4
1 cubic inch	1.1
1 moussaka (8" square)	69.3
1 moussaka (7" x 12")	93
1 piece (3" x 2" x 1")	6.5
Spanish stew, Puerto Rican style (Cocido Espanol)	
1 cup	15.6

Puerto Rican stew (Salcocho / Sancocho)	
1 cup, with bone (yield after bone removed)	16.6
1 cup, boneless	19
1 cup	19