

Vegetables

Description	Portion	Calories	Total Fat grams	Sat. Fat grams	Trans Fat grams	Protein grams	Carb. Grams	Calcium (mg)	Iron (mg)	Vit. C (mg)	Vit. A (IU)	Sodium (mg)	Chol. (mg)	Fiber grams
Asian Salad	1.00 each	67.5	3.9	0.5	0.0	1.2	8.1	21.9	1.4	8.9	1,734.6	102.0	0.0	0.8
Baked Beans	0.33 Cup	102.5	0.3	0.1	0.0	4.2	24.1	32.2	1.1	0.0	216.1	426.2	0.0	3.6
Broccoli w/ Cheese Sauce	0.33 Cup	65.7	3.6	2.0	0.0	3.9	4.6	88.4	0.3	25.1	508.4	197.0	10.3	1.5
Broccoli, Steamed	0.33 Cup	19.7	0.0	0.0	0.0	1.5	3.2	13.5	0.2	25.0	365.2	120.3	0.0	1.5
California Vegetables	0.33 Cup	11.9	0.0	0.0	0.0	0.7	2.4	14.4	0.3	12.9	64.5	109.8	0.0	1.1
Carrot Coins, Fresh	0.33 Cup	14.6	0.1	0.0	0.0	0.3	3.4	13.3	0.4	3.5	5,735.7	32.4	0.0	0.7
Celery Sticks w/ Peanut Butter	1.00 serving	72.7	5.4	1.0	0.0	2.6	3.3	17.4	1.4	1.3	194.8	81.4	0.0	1.4
Celery Sticks, Fresh	0.33 Cup	5.5	0.1	0.0	0.0	0.3	1.2	15.8	0.1	1.2	177.8	31.7	0.0	0.6
Chalupa Trimmings	1.00 each	4.8	0.0	0.0	0.0	0.3	1.0	5.1	0.1	1.7	186.3	2.8	0.0	0.4
Corn on the Cob	1.00 each	150.0	1.5	0.5	0.0	5.0	36.0	0.0	0.0	3.6	100.0	95.0	0.0	2.0
Corn, Whole Kernel	0.33 Cup	56.9	0.6	0.0	0.0	1.3	11.9	1.7	0.2	2.0	43.3	140.7	0.0	0.8
Cucumber Slices, Fresh	0.33 Cup	6.7	0.0	0.0	0.0	0.3	1.6	7.2	0.1	1.3	47.1	0.9	0.0	0.2
Green Beans, Savory	0.33 Cup	23.7	0.1	0.0	0.0	0.1	4.7	27.0	0.5	1.8	132.1	294.1	0.0	2.0
Green Peas, Savory	0.33 Cup	53.1	0.4	0.0	0.0	3.5	9.2	0.4	0.5	6.3	205.3	144.0	0.0	2.8
Lettuce, Tomato, Pickles	1.00 each	6.1	0.1	0.0	0.0	0.3	1.3	5.5	0.1	2.9	252.4	116.9	0.0	0.5
Mashed Potatoes	0.33 Cup	55.8	0.0	0.0	0.0	1.9	12.4	12.4	0.4	13.0	0.0	130.1	0.0	1.2
Mixed Green Salad	1.00 each	17.8	0.6	0.0	0.0	0.7	2.0	10.9	0.4	4.2	1,226.1	27.4	0.0	0.3
Mixed Vegetables	0.33 Cup	26.1	0.0	0.0	0.0	1.2	5.2	8.3	0.3	3.7	1,242.2	129.3	0.0	1.2
Pickles, Whole Dill	0.50 each	0.5	0.0	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.0	166.0	0.0	0.0
Pinto Beans	0.33 Cup	102.9	0.6	0.1	0.0	6.3	18.2	33.5	1.5	2.0	61.3	289.3	0.0	4.5
Potatoes, Baked w/o skin	1.00 each	263.5	0.0	0.0	0.0	5.3	62.0	14.4	1.0	36.5	0.0	14.4	0.0	4.3
Potatoes, Crispy Fry	0.33 Cup	70.6	4.0	1.3	0.0	1.0	7.6	0.0	0.2	1.2	0.0	90.8	0.0	1.5
Potatoes, Hashbrown Spicy	0.33 Cup	138.5	6.5	1.8	0.0	1.8	17.5	0.0	0.7	1.1	0.0	323.2	0.0	2.8
Potatoes, Seasoned Wedges	0.33 cup	71.3	2.1	0.3	0.0	1.2	11.9	11.9	0.2	2.1	0.0	219.9	0.0	1.2
Potatoes, Tater Tots	0.33 cups	100.3	5.9	1.5	0.1	1.2	11.1	11.8	0.4	0.7	7.0	200.5	0.0	1.2
Ranch Style Beans	0.33 Cup	121.8	0.3	0.0	0.0	7.2	22.7	62.2	1.6	1.7	298.7	426.1	0.0	6.3
Raw Vegetable Medley	0.33 Cup	17.8	0.1	0.0	0.0	0.8	3.9	20.0	0.4	20.3	3,167.5	24.1	0.0	1.0
Soup, Potato	0.50 Cup	101.9	1.7	0.4	0.0	4.8	17.8	114.9	0.5	14.4	244.4	193.5	1.6	1.4
Soup, Southwest Vegetable	6.00 Fl Oz	58.7	1.0	0.1	0.0	10.4	10.4	25.2	0.7	5.7	703.9	320.9	0.0	1.9
Soup, Tomato Basil	6.00 Fl Oz	47.2	1.8	0.3	0.0	1.5	6.4	32.6	1.0	8.3	1,907.4	345.3	0.0	1.5
Spinach, Country Style	0.33 Cup	23.9	1.0	0.5	0.0	2.2	2.0	60.2	0.8	9.5	4,519.3	72.6	3.4	1.2
Squash Casserole	0.33 Cup	69.1	2.8	1.6	0.0	3.2	8.4	71.3	0.7	5.9	330.6	371.5	6.4	1.4
Stir Fry Vegetables	0.33 Cup	44.4	2.1	0.3	0.0	1.4	5.8	27.4	0.5	33.0	3,616.7	228.6	0.0	1.5
Taco Trimmings	1.00 each	55.9	3.9	3.1	0.0	3.6	1.5	94.6	0.1	1.7	339.7	158.8	10.2	0.4
Tossed Salad	1.00 each	5.0	0.1	0.0	0.0	0.2	1.1	7.2	0.2	4.0	1,542.6	5.3	0.0	0.4