

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
ALFALFA SEEDS,SPROUTED,RAW	1 cup	0.69	0.07	0.63	0.07
ALFALFA SEEDS,SPROUTED,RAW	1 tbsp	0.06	0.01	0.06	0.01
AMARANTH LEAVES,CKD,BLD,DRND,W/SALT	1 cup	5.43	0.00	0.00	5.43
AMARANTH LEAVES,CKD,BLD,DRND,WO/SALT	1 cup	5.43	0.00	0.00	5.43
AMARANTH LEAVES,RAW	1 cup	1.13	0.00	0.00	1.13
AMARANTH LEAVES,RAW	1 leaf	0.56	0.00	0.00	0.56
ARROWHEAD,CKD,BLD,DRND,W/SALT	1 corm, medium	1.94	0.00	0.00	1.94
ARROWHEAD,CKD,BLD,DRND,WO/SALT	1 medium	1.94	0.00	0.00	1.94
ARROWHEAD,RAW	1 large	5.06	0.00	0.00	5.06
ARROWHEAD,RAW	1 medium	2.43	0.00	0.00	2.43
ARROWROOT,RAW	1 cup, sliced	16.07	0.00	1.56	14.51
ARROWROOT,RAW	1 root	4.42	0.00	0.43	3.99
ARTICHOKES,(GLOBE OR FRENCH),CKD,BLD,DRND,W/SALT	1/2 cup hearts	9.57	0.83	7.22	2.34
ARTICHOKES,(GLOBE OR FRENCH),CKD,BLD,DRND,W/SALT	1 artichoke, medium	13.67	1.19	10.32	3.35
ARTICHOKES,(GLOBE OR FRENCH),CKD,BLD,DRND,WO/SALT	1/2 cup hearts	10.04	0.83	7.22	2.81
ARTICHOKES,(GLOBE OR FRENCH),CKD,BLD,DRND,WO/SALT	1 artichoke, medium	14.34	1.19	10.32	4.02
ARTICHOKES,(GLOBE OR FRENCH),FRZ,CKD,BLD,DRND,W/SALT	1/3 package (9 oz) yields	7.34	0.67	3.68	3.66
ARTICHOKES,(GLOBE OR FRENCH),FRZ,CKD,BLD,DRND,W/SALT	1 cup	15.42	1.41	7.73	7.69
ARTICHOKES,(GLOBE OR FRENCH),FRZ,CKD,BLD,DRND,W/SALT	1 package (9 oz), yields	22.03	2.02	11.04	10.99
ARTICHOKES,(GLOBE OR FRENCH),FRZ,CKD,BLD,DRND,WO/SALT	1/3 package (9 oz) yields	7.34	0.67	3.68	3.66
ARTICHOKES,(GLOBE OR FRENCH),FRZ,CKD,BLD,DRND,WO/SALT	1 cup	15.42	1.41	7.73	7.69
ARTICHOKES,(GLOBE OR FRENCH),FRZ,CKD,BLD,DRND,WO/SALT	1 package (9 oz), yields	22.03	2.02	11.04	10.99
ARTICHOKES,(GLOBE OR FRENCH),FRZ,UNPREP	1/3 package	6.51	0.00	3.28	3.23
ARTICHOKES,(GLOBE OR FRENCH),FRZ,UNPREP	1 package (9 oz)	19.76	0.00	9.95	9.82
ARTICHOKES,(GLOBE OR FRENCH),RAW	1 artichoke, large	17.03	1.60	8.75	8.28
ARTICHOKES,(GLOBE OR FRENCH),RAW	1 artichoke, medium	13.45	1.27	6.91	6.54
ARUGULA,RAW	1/2 cup	0.37	0.21	0.16	0.21
ARUGULA,RAW	1 leaf	0.07	0.04	0.03	0.04
ASPARAGUS,CKD,BLD,DRND	1/2 cup	3.70	1.17	1.80	1.90

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
ASPARAGUS,CKD,BLD,DRND	4 spears (1/2" base)	2.47	0.78	1.20	1.27
ASPARAGUS,CKD,BLD,DRND,W/SALT	1/2 cup	3.70	1.17	1.80	1.90
ASPARAGUS,CKD,BLD,DRND,W/SALT	4 spears (1/2" base)	2.47	0.78	1.20	1.27
ASPARAGUS,CND,DRND SOL	1 can (300 x 407)	6.10	2.63	3.97	2.13
ASPARAGUS,CND,DRND SOL	1 cup	5.95	2.57	3.87	2.08
ASPARAGUS,CND,DRND SOL	1 spear (about 5" long)	0.44	0.19	0.29	0.15
ASPARAGUS,CND,NO SALT,SOL&LIQUIDS	1/2 cup	3.03	1.22	1.22	1.81
ASPARAGUS,CND,NO SALT,SOL&LIQUIDS	1 can (300 x 407)	10.19	4.11	4.11	6.08
ASPARAGUS,CND,REG PK,SOL&LIQUIDS	1/2 cup	3.03	0.00	1.22	1.81
ASPARAGUS,CND,REG PK,SOL&LIQUIDS	1 can (300 x 407)	10.19	0.00	4.11	6.08
ASPARAGUS,FRZ,CKD,BLD,DRND,W/SALT	1 cup	3.46	0.58	2.88	0.58
ASPARAGUS,FRZ,CKD,BLD,DRND,W/SALT	1 package (10 oz) yields	5.63	0.94	4.69	0.94
ASPARAGUS,FRZ,CKD,BLD,DRND,W/SALT	4 spears	1.15	0.19	0.96	0.19
ASPARAGUS,FRZ,CKD,BLD,DRND,WO/SALT	1 cup	3.46	0.58	2.88	0.58
ASPARAGUS,FRZ,CKD,BLD,DRND,WO/SALT	1 package (10 oz) yields	5.63	0.94	4.69	0.94
ASPARAGUS,FRZ,CKD,BLD,DRND,WO/SALT	4 spears	1.15	0.19	0.96	0.19
ASPARAGUS,FRZ,UNPREP	1 package (10 oz)	11.64	0.00	5.40	6.25
ASPARAGUS,FRZ,UNPREP	4 spears	2.38	0.00	1.10	1.28
ASPARAGUS,RAW	1 cup	5.20	2.52	2.81	2.39
ASPARAGUS,RAW	1 spear tip (2" long or less)	0.14	0.07	0.07	0.06
ASPARAGUS,RAW	1 spear, extra large (8-3/4" to 10" long)	0.93	0.45	0.50	0.43
ASPARAGUS,RAW	1 spear, large (7-1/4" to 8-1/2")	0.78	0.38	0.42	0.36
ASPARAGUS,RAW	1 spear, medium (5-1/4" to 7" long)	0.62	0.30	0.34	0.28
ASPARAGUS,RAW	1 spear, small (5" long or less)	0.47	0.23	0.25	0.21

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BALSAM-PEAR (BITTER GOURD),LEAFY TIPS,CKD,BLD,DRND,W/SALT	1 cup	3.57	0.60	1.10	2.47
BALSAM-PEAR (BITTER GOURD),LEAFY TIPS,CKD,BLD,DRND,WO/SALT	1 cup	3.87	0.60	1.10	2.77
BALSAM-PEAR (BITTER GOURD),LEAFY TIPS,RAW	1/2 cup	0.79	0.00	0.00	0.79
BALSAM-PEAR (BITTER GOURD),LEAFY TIPS,RAW	1 leaf	0.13	0.00	0.00	0.13
BALSAM-PEAR (BITTER GOURD),PODS,CKD,BLD,DRND,W/SALT	1 cup (1/2" pieces)	5.36	2.42	2.48	2.88
BALSAM-PEAR (BITTER GOURD),PODS,CKD,BLD,DRND,WO/SALT	1/2 cup (1/2" pieces)	2.68	1.21	1.24	1.44
BALSAM-PEAR (BITTER GOURD),PODS,CKD,BLD,DRND,WO/SALT	1 cup (1/2" pieces)	5.36	2.42	2.48	2.88
BALSAM-PEAR (BITTER GOURD),PODS,RAW	1 balsam-pear	4.59	0.00	3.47	1.12
BALSAM-PEAR (BITTER GOURD),PODS,RAW	1 cup (1/2" pieces)	3.44	0.00	2.60	0.84
BAMBOO SHOOTS,CKD,BLD,DRND,W/SALT	1 cup (1/2" slices)	1.82	0.00	1.20	0.62
BAMBOO SHOOTS,CKD,BLD,DRND,W/SALT	1 shoot	2.19	0.00	1.44	0.75
BAMBOO SHOOTS,CKD,BLD,DRND,WO/SALT	1 cup (1/2" slices)	2.30	0.00	1.20	1.10
BAMBOO SHOOTS,CKD,BLD,DRND,WO/SALT	1 shoot	2.76	0.00	1.44	1.32
BAMBOO SHOOTS,CND,DRND SOL	1 can (303 x 406)	8.44	4.95	3.67	4.77
BAMBOO SHOOTS,CND,DRND SOL	1 cup (1/8" slices)	4.22	2.48	1.83	2.38
BAMBOO SHOOTS,RAW	1/2 cup (1/2" pieces)	3.95	2.28	1.67	2.28
BAMBOO SHOOTS,RAW	1 cup (1/2" slices)	7.85	4.53	3.32	4.53
BEANS,FAVA,IN POD,RAW	1 cup	22.21	11.60	9.45	12.76
BEANS,FAVA,IN POD,RAW	1 pod	1.08	0.56	0.46	0.62
BEANS,KIDNEY,MATURE SEEDS,SPROUTED,RAW	1 cup	7.54	0.00	0.00	7.54
BEANS,LIMA,IMMAT SEEDS,CND,REG PK,SOL&LIQUIDS	1/2 cup	16.53	0.00	4.46	12.07
BEANS,LIMA,IMMAT SEEDS,CND,REG PK,SOL&LIQUIDS	1 can (303 x 406)	60.52	0.00	16.34	44.17
BEANS,MUNG,MATURE SEEDS,SPROUTED,CND,DRND SOL	1 cup	2.68	1.68	1.00	1.68
BEANS,NAVY,MATURE SEEDS,SPROUTED,RAW	1 cup	13.57	0.00	0.00	13.57
BEANS,PINTO,IMMAT SEEDS,FRZ,CKD,BLD,DRND,W/SALT	1/3 package (10 oz) yields	29.03	0.00	8.08	20.94
BEANS,PINTO,IMMAT SEEDS,FRZ,CKD,BLD,DRND,W/SALT	1 package (10 oz) yields	87.70	0.00	24.42	63.28

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEANS,PINTO,IMMAT SEEDS,FRZ,CKD,BLD,DRND,WO/SALT	1/3 package (10 oz) yields	29.03	0.00	8.08	20.94
BEANS,PINTO,IMMAT SEEDS,FRZ,CKD,BLD,DRND,WO/SALT	1 package (10 oz) yields	87.70	0.00	24.42	63.28
BEANS,PINTO,IMMAT SEEDS,FRZ,UNPREP	1/3 package (10 oz)	30.55	0.00	5.36	25.19
BEANS,PINTO,IMMAT SEEDS,FRZ,UNPREP	1 package (10 oz)	92.30	0.00	16.19	76.11
BEANS,SHELLIE,CND,SOL & LIQUIDS	1 cup	15.17	1.54	8.33	6.84
BEANS,SNAP,CND,ALL STYLES,SEASONED,SOL&LIQUIDS	1/2 cup	3.98	0.00	1.71	2.27
BEANS,SNAP,CND,ALL STYLES,SEASONED,SOL&LIQUIDS	1 can (303 x 406)	15.32	0.00	6.59	8.74
BEANS,SNAP,GREEN,RAW	1 cup 1/2" pieces	6.97	3.26	2.70	4.27
BEANS,SNAP,GREEN,RAW	10 beans (4" long)	3.83	1.79	1.49	2.35
BEANS,SNAP,GRN VAR,CND,REG PK,SOL&LIQUIDS	1 can total can contents	13.83	5.29	6.35	7.49
BEANS,SNAP,GRN VAR,CND,REG PK,SOL&LIQUIDS	1 cup	7.85	3.00	3.60	4.25
BEANS,SNAP,GRN,CKD,BLD,DRND,W/SALT	1 cup	9.85	1.94	4.00	5.85
BEANS,SNAP,GRN,CKD,BLD,DRND,WO/SALT	1 cup	9.85	1.94	4.00	5.85
BEANS,SNAP,GRN,CND,NO SALT,DRND SOL	1 can (303 x 406)	11.32	2.04	4.98	6.34
BEANS,SNAP,GRN,CND,NO SALT,DRND SOL	1 cup	6.61	1.19	2.91	3.70
BEANS,SNAP,GRN,CND,NO SALT,DRND SOL	10 beans	2.68	0.48	1.18	1.50
BEANS,SNAP,GRN,CND,NO SALT,SOL&LIQUIDS	1/2 cup	4.20	0.00	1.80	2.40
BEANS,SNAP,GRN,CND,NO SALT,SOL&LIQUIDS	1 can (303 x 406)	15.37	0.00	6.59	8.78
BEANS,SNAP,GRN,CND,REG PK,DRND SOL	1 can (303 x 406)	11.32	2.04	4.98	6.34
BEANS,SNAP,GRN,CND,REG PK,DRND SOL	1 cup	5.83	1.05	2.57	3.27
BEANS,SNAP,GRN,CND,REG PK,DRND SOL	10 beans	2.68	0.48	1.18	1.50
BEANS,SNAP,GRN,FRZ,ALL STYLES,MICROWAVED	1 cup	7.75	2.89	3.77	3.97
BEANS,SNAP,GRN,FRZ,ALL STYLES,UNPREP	1 cup	9.12	2.67	3.15	5.98
BEANS,SNAP,GRN,FRZ,ALL STYLES,UNPREP	1 package (10 oz)	21.41	6.28	7.38	14.03
BEANS,SNAP,GRN,FRZ,CKD,BLD,DRND WO/SALT	1 cup	8.71	1.66	4.05	4.66
BEANS,SNAP,GRN,FRZ,CKD,BLD,DRND,W/SALT	1 cup	7.91	1.66	4.05	3.86
BEANS,SNAP,GRN,MICROWAVED	1 cup 1/2" pieces	7.44	3.74	3.94	3.49
BEANS,SNAP,YEL,CKD,BLD,DRND,W/SALT	1 cup	9.85	1.94	4.13	5.73
BEANS,SNAP,YEL,CKD,BLD,DRND,WO/SALT	1 cup	9.85	1.94	4.13	5.73

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEANS,SNAP,YEL,CND,NO SALT,DRND SOL	1 can (303 x 406)	11.79	2.52	3.41	8.38
BEANS,SNAP,YEL,CND,NO SALT,DRND SOL	1 cup	6.89	1.47	1.99	4.90
BEANS,SNAP,YEL,CND,NO SALT,DRND SOL	10 beans	2.79	0.60	0.81	1.98
BEANS,SNAP,YEL,CND,NO SALT,SOL&LIQUIDS	1/2 cup	4.20	0.00	1.80	2.40
BEANS,SNAP,YEL,CND,NO SALT,SOL&LIQUIDS	1 can (303 x 406)	15.37	0.00	6.59	8.78
BEANS,SNAP,YEL,CND,REG PK,DRND SOL	1 can (303 x 406)	11.79	2.52	3.41	8.38
BEANS,SNAP,YEL,CND,REG PK,DRND SOL	1 cup	6.89	1.47	1.99	4.90
BEANS,SNAP,YEL,CND,REG PK,DRND SOL	10 beans	2.79	0.60	0.81	1.98
BEANS,SNAP,YEL,CND,REG PK,SOL&LIQUIDS	1/2 cup	4.20	0.00	1.80	2.40
BEANS,SNAP,YEL,CND,REG PK,SOL&LIQUIDS	1 can (303 x 406)	15.37	0.00	6.59	8.78
BEANS,SNAP,YEL,FRZ,ALL STYLES,UNPREP	1 cup	9.17	0.00	3.39	5.78
BEANS,SNAP,YEL,FRZ,ALL STYLES,UNPREP	1 package (10 oz)	21.53	0.00	7.95	13.58
BEANS,SNAP,YEL,FRZ,CKD,BLD,DRND,W/SALT	1 cup	7.91	1.66	4.05	3.86
BEANS,SNAP,YEL,FRZ,CKD,BLD,DRND,WO/SALT	1 cup	8.71	1.66	4.05	4.66
BEANS,SNAP,YELLOW,RAW	1 cup 1/2" pieces	7.13	0.00	3.40	3.73
BEANS,SNAP,YELLOW,RAW	10 beans (4" long)	3.92	0.00	1.87	2.05
BEET GREENS,RAW	1/2 cup (1" pieces)	0.82	0.10	0.70	0.12
BEET GREENS,RAW	1 cup	1.65	0.19	1.41	0.24
BEET GREENS,RAW	1 leaf	1.39	0.16	1.18	0.20
BEET GRNS,CKD,BLD,DRND,W/SALT	1 cup (1" pieces)	7.86	0.86	4.18	3.69
BEET GRNS,CKD,BLD,DRND,WO/SALT	1/2 cup (1" pieces)	3.93	0.43	2.09	1.84
BEET GRNS,CKD,BLD,DRND,WO/SALT	1 cup (1" pieces)	7.86	0.86	4.18	3.69
BEETS,CKD,BLD,DRND	1/2 cup slices	8.47	6.77	1.70	6.77
BEETS,CKD,BLD,DRND	2 beets (2" dia, sphere)	9.96	7.96	2.00	7.96
BEETS,CKD,BOILED. DRND,W/SALT	1/2 cup slices	8.47	6.77	1.70	6.77
BEETS,CKD,BOILED. DRND,W/SALT	2 beets (2" dia, sphere)	9.96	7.96	2.00	7.96
BEETS,CND,DRND SOL	1 beet	1.73	1.32	0.43	1.30
BEETS,CND,DRND SOL	1 can (303 x 406)	21.20	16.20	5.29	15.91
BEETS,CND,DRND SOL	1 cup slices	12.26	9.37	3.06	9.20

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BEETS,CND,DRND SOL	1 cup, diced	11.32	8.65	2.83	8.49
BEETS,CND,DRND SOL	1 cup, shredded	14.06	10.74	3.51	10.55
BEETS,CND,DRND SOL	1 cup, whole	11.75	8.98	2.93	8.82
BEETS,CND,DRND SOL	1 slice	0.58	0.44	0.14	0.43
BEETS,CND,NO SALT,SOL&LIQUIDS	1 cup	16.16	13.23	2.95	13.21
BEETS,CND,REG PK,SOL&LIQUIDS	1 cup	17.56	16.06	2.95	14.61
BEETS,HARVARD,CND,SOL&LIQUIDS	1 cup slices	44.72	0.00	6.15	38.57
BEETS,PICKLED,CND,SOL&LIQUIDS	1 cup slices	36.96	30.85	5.90	31.05
BEETS,RAW	1 beet (2" dia)	7.84	5.54	2.30	5.54
BEETS,RAW	1 cup	13.00	9.19	3.81	9.19
BORAGE,RAW	1 cup (1" pieces)	2.72	0.00	0.00	2.72
BROADBEANS,IMMAT SEEDS,RAW	1 broadbean	0.94	0.00	0.34	0.60
BROADBEANS,IMMAT SEEDS,RAW	1 cup	12.75	0.00	4.58	8.18
BROCCOLI RAAB,CKD	1 bunch cooked	13.63	2.71	12.24	1.40
BROCCOLI RAAB,CKD	1 NLEA serving	2.65	0.53	2.38	0.27
BROCCOLI RAAB,RAW	1 cup chopped	1.14	0.15	1.08	0.06
BROCCOLI RAAB,RAW	1 stalk	0.54	0.07	0.51	0.03
BROCCOLI,CHINESE,COOKED	1 cup	3.35	0.74	2.20	1.15
BROCCOLI,CKD,BLD,DRND,W/SALT	1/2 cup, chopped	5.60	1.08	2.57	3.03
BROCCOLI,CKD,BLD,DRND,W/SALT	1 spear (about 5" long)	2.66	0.51	1.22	1.44
BROCCOLI,CKD,BLD,DRND,W/SALT	1 stalk, large (11"-12" long)	20.10	3.89	9.24	10.86
BROCCOLI,CKD,BLD,DRND,W/SALT	1 stalk, medium (7-1/2" - 8" long)	12.92	2.50	5.94	6.98
BROCCOLI,CKD,BLD,DRND,W/SALT	1 stalk, small (5" long)	10.05	1.95	4.62	5.43
BROCCOLI,CKD,BLD,DRND,WO/SALT	1/2 cup, chopped	5.60	1.08	2.57	3.03
BROCCOLI,CKD,BLD,DRND,WO/SALT	1 spear (about 5" long)	2.66	0.51	1.22	1.44
BROCCOLI,CKD,BLD,DRND,WO/SALT	1 stalk, large (11"-12" long)	20.10	3.89	9.24	10.86

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BROCCOLI,CKD,BLD,DRND,WO/SALT	1 stalk, medium (7-1/2" - 8" long)	12.92	2.50	5.94	6.98
BROCCOLI,CKD,BLD,DRND,WO/SALT	1 stalk, small (5" long)	10.05	1.95	4.62	5.43
BROCCOLI,FLOWER CLUSTERS,RAW	1 cup flowerets	3.72	0.00	0.00	3.72
BROCCOLI,FLOWER CLUSTERS,RAW	1 floweret	0.58	0.00	0.00	0.58
BROCCOLI,FRZ,CHOPD,CKD,BLD,DRND,W/SALT	1 cup	9.84	2.70	5.52	4.32
BROCCOLI,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT	1 cup	9.84	2.70	5.52	4.32
BROCCOLI,FRZ,CHOPD,UNPREP	1 cup	7.46	2.11	4.68	2.78
BROCCOLI,FRZ,CHOPD,UNPREP	1 package (10 oz)	13.58	3.83	8.52	5.06
BROCCOLI,FRZ,SPEARS,CKD,BLD,DRND,W/SALT	1/2 cup	4.92	1.32	2.76	2.16
BROCCOLI,FRZ,SPEARS,CKD,BLD,DRND,W/SALT	1 package (10 oz) yields	13.38	3.60	7.50	5.88
BROCCOLI,FRZ,SPEARS,CKD,BLD,DRND,WO/SALT	1/2 cup	4.93	1.35	2.76	2.17
BROCCOLI,FRZ,SPEARS,CKD,BLD,DRND,WO/SALT	1 package (10 oz) yields	13.40	3.68	7.50	5.90
BROCCOLI,FRZ,SPEARS,UNPREP	1/3 package (10 oz)	5.08	1.40	2.85	2.23
BROCCOLI,FRZ,SPEARS,UNPREP	1 package (10 oz)	15.19	4.17	8.52	6.67
BROCCOLI,FRZ,SPEARS,UNPREP	1 package (2 lb)	48.52	13.33	27.21	21.31
BROCCOLI,RAW	1/2 cup, chopped or diced	2.92	0.75	1.14	1.78
BROCCOLI,RAW	1 bunch	40.37	10.34	15.81	24.56
BROCCOLI,RAW	1 cup chopped	6.04	1.55	2.37	3.68
BROCCOLI,RAW	1 NLEA serving	9.83	2.52	3.85	5.98
BROCCOLI,RAW	1 spear (about 5" long)	2.06	0.53	0.81	1.25
BROCCOLI,RAW	1 stalk	10.03	2.57	3.93	6.10
BROCCOLI,STALKS,RAW	1 stalk	5.97	0.00	0.00	5.97
BRUSSELS SPROUTS,CKD,BLD,DRND,W/SALT	1/2 cup	5.54	1.36	2.03	3.51
BRUSSELS SPROUTS,CKD,BLD,DRND,W/SALT	1 sprout	1.49	0.37	0.55	0.95
BRUSSELS SPROUTS,CKD,BLD,DRND,WO/SALT	1/2 cup	5.54	1.36	2.03	3.51
BRUSSELS SPROUTS,CKD,BLD,DRND,WO/SALT	1 sprout	1.49	0.37	0.55	0.95
BRUSSELS SPROUTS,FRZ,CKD,BLD,DRND,W/SALT	1 cup	12.90	3.22	6.36	6.54
BRUSSELS SPROUTS,FRZ,CKD,BLD,DRND,WO/SALT	1 cup	12.90	3.22	6.36	6.54

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BRUSSELS SPROUTS,FRZ,UNPREP	1/3 package (10 oz)	7.47	0.00	3.61	3.86
BRUSSELS SPROUTS,FRZ,UNPREP	1 package (10 oz)	22.32	0.00	10.79	11.53
BRUSSELS SPROUTS,FRZ,UNPREP	1 package (2 lb)	71.29	0.00	34.47	36.82
BRUSSELS SPROUTS,RAW	1 cup	7.88	1.94	3.34	4.53
BRUSSELS SPROUTS,RAW	1 sprout	1.70	0.42	0.72	0.98
BURDOCK ROOT,CKD,BLD,DRND,W/SALT	1 cup (1" pieces)	26.44	4.44	2.25	24.19
BURDOCK ROOT,CKD,BLD,DRND,W/SALT	1 root	35.11	5.89	2.99	32.12
BURDOCK ROOT,CKD,BLD,DRND,WO/SALT	1 cup (1" pieces)	26.44	4.44	2.25	24.19
BURDOCK ROOT,CKD,BLD,DRND,WO/SALT	1 root	35.11	5.89	2.99	32.12
BURDOCK ROOT,RAW	1 cup (1" pieces)	20.46	3.42	3.89	16.57
BURDOCK ROOT,RAW	1 root	27.05	4.52	5.15	21.90
BUTTERBUR,(FUKI),RAW	1 cup	3.39	0.00	0.00	3.39
BUTTERBUR,(FUKI),RAW	1 petiole	0.18	0.00	0.00	0.18
BUTTERBUR,CANNED	1 cup, chopped	0.47	0.00	0.00	0.47
BUTTERBUR,CANNED	3 stalks	0.17	0.00	0.00	0.17
CABBAGE,CHINESE (PAK-CHOI),CKD,BLD,DRND,W/SALT	1 cup, shredded	3.03	1.41	1.70	1.33
CABBAGE,CHINESE (PAK-CHOI),CKD,BLD,DRND,WO/SALT	1 cup, shredded	3.03	1.41	1.70	1.33
CABBAGE,CHINESE (PAK-CHOI),RAW	1 cup, shredded	1.53	0.83	0.70	0.83
CABBAGE,CHINESE (PAK-CHOI),RAW	1 head	18.31	9.91	8.40	9.91
CABBAGE,CHINESE (PAK-CHOI),RAW	1 leaf	0.31	0.17	0.14	0.17
CABBAGE,CHINESE (PE-TSAI),CKD,BLD,DRND,W/SALT	1 cup, shredded	2.87	0.00	2.02	0.84
CABBAGE,CHINESE (PE-TSAI),CKD,BLD,DRND,W/SALT	1 leaf	0.34	0.00	0.24	0.10
CABBAGE,CHINESE (PE-TSAI),CKD,BLD,DRND,WO/SALT	1 cup, shredded	2.87	0.00	2.02	0.84
CABBAGE,CHINESE (PE-TSAI),CKD,BLD,DRND,WO/SALT	1 leaf	0.34	0.00	0.24	0.10
CABBAGE,CHINESE (PE-TSAI),RAW	1 cup, shredded	2.45	1.07	0.91	1.54
CABBAGE,CKD,BLD,DRND,WO/SALT	1/2 cup, shredded	4.13	2.09	1.43	2.71
CABBAGE,CKD,BLD,DRND,WO/SALT	1 head	69.54	35.21	23.98	45.56
CABBAGE,COMMON (DANISH,DOMESTIC,&POINTED TYPES),STORED,RAW	1/2 cup, shredded	1.88	0.00	0.81	1.07

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CABBAGE,COMMON (DANISH,DOMESTIC,&POINTED TYPES),STORED,RAW	1 head	48.76	0.00	20.88	27.88
CABBAGE,COMMON,CKD,BLD,DRND,W/SALT	1/2 cup, shredded	4.13	2.09	1.43	2.71
CABBAGE,COMMON,CKD,BLD,DRND,W/SALT	1 head	69.54	35.21	23.98	45.56
CABBAGE,COMMON,FRESHLY HARVEST,RAW	1/2 cup, shredded	1.88	0.00	0.81	1.07
CABBAGE,COMMON,FRESHLY HARVEST,RAW	1 head	48.76	0.00	20.88	27.88
CABBAGE,JAPANESE STYLE,FRSH,PICKLED	1 cup	8.51	1.95	4.65	3.86
CABBAGE,MUSTARD,SALTED	1 cup	7.21	1.79	3.97	3.24
CABBAGE,NAPA,COOKED	1 cup	2.43	0.00	0.00	2.43
CABBAGE,RAW	1 cup, chopped	5.16	2.85	2.23	2.94
CABBAGE,RAW	1 cup, shredded	4.06	2.24	1.75	2.31
CABBAGE,RAW	1 head, large (about 7" dia)	72.38	39.94	31.20	41.18
CABBAGE,RAW	1 head, medium (about 5-3/4" dia)	52.66	29.06	22.70	29.96
CABBAGE,RAW	1 head, small (about 4-1/2" dia)	41.41	22.85	17.85	23.56
CABBAGE,RAW	1 leaf	0.87	0.48	0.38	0.50
CABBAGE,RAW	1 leaf, large	1.91	1.06	0.83	1.09
CABBAGE,RAW	1 leaf, medium	1.33	0.74	0.58	0.76
CABBAGE,RED,CKD,BLD,DRND,W/SALT	1/2 cup, shredded	5.21	2.49	1.95	3.26
CABBAGE,RED,CKD,BLD,DRND,W/SALT	1 leaf	1.53	0.73	0.57	0.95
CABBAGE,RED,CKD,BLD,DRND,WO/SALT	1/2 cup, shredded	5.21	2.49	1.95	3.26
CABBAGE,RED,CKD,BLD,DRND,WO/SALT	1 leaf	1.53	0.73	0.57	0.95
CABBAGE,RED,RAW	1 cup, chopped	6.56	3.41	1.87	4.69
CABBAGE,RED,RAW	1 cup, shredded	5.16	2.68	1.47	3.69
CABBAGE,RED,RAW	1 head, large (about 5-1/2" dia)	83.58	43.43	23.81	59.76

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CABBAGE,RED,RAW	1 head, medium (about 5" dia)	61.83	32.13	17.62	44.22
CABBAGE,RED,RAW	1 head, small (4" dia)	41.79	21.72	11.91	29.88
CABBAGE,RED,RAW	1 leaf	1.70	0.88	0.48	1.21
CABBAGE,SAVOY,CKD,BLD,DRND,W/SALT	1 cup, shredded	7.84	0.00	4.06	3.78
CABBAGE,SAVOY,CKD,BLD,DRND,WO/SALT	1 cup, shredded	7.84	0.00	4.06	3.78
CABBAGE,SAVOY,RAW	1 cup, shredded	4.27	1.59	2.17	2.10
CAMPBELL'S V8 100% VEG JUC	1 serving	10.01	7.99	1.94	8.07
CAMPBELL'S V8 100% VEG JUC	8 fl oz	10.01	7.99	1.94	8.07
CAMPBELL'S, TOMATO JUC,LO NA	1 serving	10.01	7.00	1.94	8.07
CAMPBELL'S, TOMATO JUC,LO NA	8 fl oz	10.01	7.00	1.94	8.07
CAMPBELL'S,ORGANIC TOMATO JUC	1 serving	10.01	7.00	1.94	8.07
CAMPBELL'S,ORGANIC TOMATO JUC	8 fl oz	10.01	7.00	1.94	8.07
CAMPBELL'S,TOMATO JUC	1 serving	10.01	7.00	1.94	8.07
CAMPBELL'S,TOMATO JUC	8 fl oz	10.01	7.00	1.94	8.07
CARDOON,RAW	1 cup, shredded	7.24	0.00	2.85	4.40
CARROT JUICE,CANNED	1 cup	21.90	9.23	1.89	20.01
CARROT JUICE,CANNED	1 fl oz	2.74	1.15	0.24	2.50
CARROT,DEHYDRATED	1 cup	58.88	28.73	17.46	41.42
CARROTS,BABY,RAW	1 large	1.24	0.71	0.44	0.80
CARROTS,BABY,RAW	1 medium	0.82	0.48	0.29	0.53
CARROTS,BABY,RAW	1 NLEA serving	7.00	4.05	2.47	4.54
CARROTS,CKD,BLD,DRND,W/SALT	1/2 cup slices	6.41	2.69	2.34	4.07
CARROTS,CKD,BLD,DRND,W/SALT	1 carrot	3.78	1.59	1.38	2.40
CARROTS,CKD,BLD,DRND,W/SALT	1 tbsp	0.80	0.33	0.29	0.51
CARROTS,CKD,BLD,DRND,WO/SALT	1/2 cup slices	6.41	2.69	2.34	4.07
CARROTS,CKD,BLD,DRND,WO/SALT	1 carrot	3.78	1.59	1.38	2.40
CARROTS,CKD,BLD,DRND,WO/SALT	1 tbsp	0.80	0.33	0.29	0.51
CARROTS,CND,NO SALT ,DRND SOL	1 can (303 x 406)	15.73	7.04	4.26	11.47
CARROTS,CND,NO SALT ,DRND SOL	1 cup, mashed	12.63	5.65	3.42	9.21
CARROTS,CND,NO SALT ,DRND SOL	1 cup, sliced	8.09	3.62	2.19	5.90
CARROTS,CND,NO SALT ,DRND SOL	1 slice	0.16	0.07	0.04	0.11
CARROTS,CND,NO SALT,SOL&LIQUIDS	1/2 cup slices	6.59	3.03	2.21	4.38
CARROTS,CND,NO SALT,SOL&LIQUIDS	1 can (303 x 406)	24.33	11.17	8.17	16.16

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CARROTS,CND,REG PK,DRND SOL	1 can (303 x 406)	15.73	7.04	4.26	11.47
CARROTS,CND,REG PK,DRND SOL	1 cup, mashed	12.63	5.65	3.42	9.21
CARROTS,CND,REG PK,DRND SOL	1 cup, sliced	8.09	3.62	2.19	5.90
CARROTS,CND,REG PK,DRND SOL	1 slice	0.16	0.07	0.04	0.11
CARROTS,CND,REG PK,SOL&LIQUIDS	1/2 cup slices	6.61	3.03	2.21	4.39
CARROTS,CND,REG PK,SOL&LIQUIDS	1 can (303 x 406)	24.38	11.17	8.17	16.21
CARROTS,FROZEN,UNPREPARED	1/2 cup slices	5.06	3.05	2.11	2.94
CARROTS,FROZEN,UNPREPARED	1 package (10 oz)	22.44	13.52	9.37	13.06
CARROTS,FRZ,CKD,BLD,DRND,W/SALT	1 cup slices	11.29	5.96	4.82	6.47
CARROTS,FRZ,CKD,BLD,DRND,WO/SALT	1 cup, sliced	11.29	5.96	4.82	6.47
CARROTS,RAW	1 cup chopped	12.26	6.07	3.58	8.68
CARROTS,RAW	1 cup grated	10.54	5.21	3.08	7.46
CARROTS,RAW	1 cup strips or slices	11.69	5.78	3.42	8.27
CARROTS,RAW	1 large (7-1/4" to 8-1/2" long)	6.90	3.41	2.02	4.88
CARROTS,RAW	1 medium	5.84	2.89	1.71	4.14
CARROTS,RAW	1 slice	0.29	0.14	0.08	0.20
CARROTS,RAW	1 small (5-1/2" long)	4.79	2.37	1.40	3.39
CARROTS,RAW	1 strip large (3" long)	0.67	0.33	0.20	0.47
CARROTS,RAW	1 strip medium	0.38	0.19	0.11	0.27
CASSAVA,RAW	1 cup	78.40	3.50	3.71	74.70
CASSAVA,RAW	1 root	155.28	6.94	7.34	147.94
Catsup	1 cup	65.76	51.05	0.72	65.04
Catsup	1 packet	2.47	1.91	0.03	2.44
Catsup	1 tbsp	4.66	3.62	0.05	4.61
CATSUP,LOW SODIUM	1 cup	65.76	51.05	0.72	65.04
CATSUP,LOW SODIUM	1 packet	2.47	1.91	0.03	2.44
CATSUP,LOW SODIUM	1 tbsp	4.66	3.62	0.05	4.61
CAULIFLOWER,CKD,BLD,DRND,W/SALT	1/2 cup (1" pieces)	2.55	1.15	1.43	1.12
CAULIFLOWER,CKD,BLD,DRND,W/SALT	3 flowerets	2.22	1.00	1.24	0.98
CAULIFLOWER,CKD,BLD,DRND,WO/SALT	1/2 cup (1" pieces)	2.55	1.29	1.43	1.12
CAULIFLOWER,CKD,BLD,DRND,WO/SALT	3 flowerets	2.22	1.12	1.24	0.98

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CAULIFLOWER,FRZ,CKD,BLD,DRND,W/SALT	1 cup (1" pieces)	5.69	0.83	4.86	0.83
CAULIFLOWER,FRZ,CKD,BLD,DRND,WO/SALT	1 cup (1" pieces)	6.75	1.89	4.86	1.89
CAULIFLOWER,FRZ,UNPREP	1/2 cup (1" pieces)	3.09	1.47	1.52	1.57
CAULIFLOWER,FRZ,UNPREP	1 package (10 oz)	13.29	6.30	6.53	6.76
CAULIFLOWER,GREEN,RAW	1 cup	3.90	1.94	2.05	1.85
CAULIFLOWER,GREEN,RAW	1 floweret	1.52	0.76	0.80	0.72
CAULIFLOWER,GREEN,RAW	1 head, large (6-7" dia)	31.12	15.48	16.35	14.77
CAULIFLOWER,GREEN,RAW	1 head, medium (5-6" dia)	26.25	13.06	13.79	12.46
CAULIFLOWER,GREEN,RAW	1 head, small (4" dia)	19.79	9.85	10.40	9.39
CAULIFLOWER,GRN,CKD,NO SALT ADDED	1/5 head	5.65	0.00	2.97	2.68
CAULIFLOWER,GRN,CKD,W/ SALT	1/2 cup (1" pieces)	3.89	0.00	2.05	1.85
CAULIFLOWER,RAW	1 cup chopped (1/2" pieces)	5.32	2.04	2.14	3.18
CAULIFLOWER,RAW	1 floweret	0.65	0.25	0.26	0.39
CAULIFLOWER,RAW	1 head large (6-7" dia.)	41.75	16.04	16.80	24.95
CAULIFLOWER,RAW	1 head medium (5-6" dia.)	29.22	11.23	11.76	17.46
CAULIFLOWER,RAW	1 head small (4" dia.)	13.17	5.06	5.30	7.87
CELERIAC,CKD,BLD,DRND,W/SALT	1 cup pieces	9.15	0.00	0.00	9.15
CELERIAC,CKD,BLD,DRND,WO/SALT	1 cup pieces	9.15	0.00	1.86	7.29
CELERIAC,RAW	1 cup	14.35	2.50	2.81	11.54
CELERY,CKD,BLD,DRND,W/SALT	1 cup, diced	6.00	3.56	2.40	3.60
CELERY,CKD,BLD,DRND,W/SALT	2 stalks	3.00	1.78	1.20	1.80
CELERY,CKD,BLD,DRND,WO/SALT	1 cup, diced	6.00	3.56	2.40	3.60
CELERY,CKD,BLD,DRND,WO/SALT	2 stalks	3.00	1.78	1.20	1.80
CELERY,RAW	1 cup chopped	3.00	1.35	1.62	1.38
CELERY,RAW	1 NLEA serving	3.27	1.47	1.76	1.51
CELERY,RAW	1 stalk, large (11"-12" long)	1.90	0.86	1.02	0.88

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CELERY,RAW	1 stalk, medium (7-1/2" - 8" long)	1.19	0.54	0.64	0.55
CELERY,RAW	1 stalk, small (5" long)	0.50	0.23	0.27	0.23
CELERY,RAW	1 strip (4" long)	0.12	0.05	0.06	0.05
CELERY,RAW	1 tbsp	0.22	0.10	0.12	0.10
CELTUCE,RAW	1 leaf	0.29	0.00	0.14	0.16
CHARD,SWISS,CKD,BLD,DRND,W/SALT	1 cup, chopped	7.23	1.93	3.68	3.55
CHARD,SWISS,CKD,BLD,DRND,WO/SALT	1 cup, chopped	7.23	1.93	3.68	3.55
CHARD,SWISS,RAW	1 cup	1.35	0.40	0.58	0.77
CHARD,SWISS,RAW	1 leaf	1.80	0.53	0.77	1.03
CHAYOTE,FRUIT,CKD,BLD,DRND,W/SALT	1 cup (1" pieces)	7.20	0.00	4.48	2.72
CHAYOTE,FRUIT,CKD,BLD,DRND,WO/SALT	1 cup (1" pieces)	8.14	0.00	4.48	3.66
CHAYOTE,FRUIT,RAW	1 chayote (5- 3/4")	9.16	3.37	3.45	5.70
CHAYOTE,FRUIT,RAW	1 cup (1" pieces)	5.95	2.19	2.24	3.71
CHICORY GREENS,RAW	1 cup, chopped	1.36	0.20	1.16	0.20
CHICORY ROOTS,RAW	1/2 cup (1" pieces)	7.88	3.93	0.68	7.20
CHICORY ROOTS,RAW	1 root	10.51	5.24	0.90	9.61
CHICORY,WITLOOF,RAW	1/2 cup	1.80	0.00	1.40	0.41
CHICORY,WITLOOF,RAW	1 head	2.12	0.00	1.64	0.48
CHIVES,FREEZE-DRIED	1/4 cup	0.51	0.00	0.21	0.30
CHIVES,FREEZE-DRIED	1 tbsp	0.13	0.00	0.05	0.08
CHIVES,RAW	1 tbsp chopped	0.13	0.06	0.08	0.06
CHIVES,RAW	1 tsp chopped	0.04	0.02	0.03	0.02
CHRYSANTHEMUM LEAVES,RAW	1 cup, chopped	1.54	0.00	1.53	0.01
CHRYSANTHEMUM LEAVES,RAW	1 leaf	0.54	0.00	0.54	0.00
CHRYSANTHEMUM,GARLAND,CKD,BLD,DRND,W/SALT	1 cup (1" pieces)	4.31	2.01	2.30	2.01
CHRYSANTHEMUM,GARLAND,CKD,BLD,DRND,WO/SALT	1 cup (1" pieces)	4.31	2.01	2.30	2.01

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CHRYSANTHEMUM,GARLAND,RAW	1 cup (1" pieces)	0.76	0.00	0.75	0.01
CHRYSANTHEMUM,GARLAND,RAW	1 stem (8-3/4" long)	0.42	0.00	0.42	0.00
COLLARDS,CKD,BLD,DRND,W/SALT	1 cup, chopped	10.74	0.00	7.60	3.14
COLLARDS,CKD,BLD,DRND,WO/SALT	1 cup, chopped	10.74	0.76	7.60	3.14
COLLARDS,FRZ,CHOPD,CKD,BLD,DRND,W/SALT	1 cup, chopped	12.07	0.97	4.76	7.31
COLLARDS,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT	1 cup, chopped	12.07	0.97	4.76	7.31
COLLARDS,FRZ,CHOPD,UNPREP	1/3 package (10 oz)	6.14	0.00	3.42	2.72
COLLARDS,FRZ,CHOPD,UNPREP	1 package (10 oz)	18.35	0.00	10.22	8.12
COLLARDS,FRZ,CHOPD,UNPREP	1 package (3 lb)	87.92	0.00	49.00	38.92
COLLARDS,RAW	1 cup, chopped	1.95	0.17	1.44	0.51
CORIANDER (CILANTRO) LEAVES,RAW	1/4 cup	0.15	0.03	0.11	0.03
CORIANDER (CILANTRO) LEAVES,RAW	9 sprigs	0.73	0.17	0.56	0.17
CORN PUDD,HOME PREP	2/3 cup (#6 scoop)	28.34	11.01	2.00	26.34
CORN PUDD,HOME PREP	1 cup	42.43	16.48	3.00	39.43
CORN W/RED&GRN PEPPERS,CND,SOL&LIQUIDS	1 cup	41.25	0.00	0.00	41.25
CORN,SWEET,WHITE,RAW	1 cup kernels	29.29	4.96	4.16	25.13
CORN,SWEET,WHITE,RAW	1 ear, large (7-3/4" to 9" long)	27.20	4.60	3.86	23.34
CORN,SWEET,WHITE,RAW	1 ear, medium (6-3/4" to 7-1/2" long)	17.12	2.90	2.43	14.69
CORN,SWEET,WHITE,RAW	1 ear, small (5-1/2" to 6-1/2" long)	13.88	2.35	1.97	11.91
CORN,SWT,WHITE,CKD,BLD,DRND,W/SALT	1 cup cut	34.08	12.14	4.24	29.85
CORN,SWT,WHITE,CKD,BLD,DRND,W/SALT	1 ear, large (7-3/4" to 9" long)	25.62	9.12	3.19	22.43
CORN,SWT,WHITE,CKD,BLD,DRND,W/SALT	1 ear, medium (6-3/4" to 7-1/2" long)	22.36	7.96	2.78	19.58

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CORN,SWT,WHITE,CKD,BLD,DRND,W/SALT	1 ear, small (5-1/2" to 6-1/2" long)	19.32	6.88	2.40	16.92
CORN,SWT,WHITE,CKD,BLD,DRND,W/SALT	1 ear, yields	16.72	5.95	2.08	14.64
CORN,SWT,WHITE,CKD,BLD,DRND,WO/SALT	1 cup cut	34.08	12.14	4.24	29.85
CORN,SWT,WHITE,CKD,BLD,DRND,WO/SALT	1 ear, large (7-3/4" to 9" long)	25.18	8.97	3.13	22.05
CORN,SWT,WHITE,CKD,BLD,DRND,WO/SALT	1 ear, medium (6-3/4" to 7-1/2" long)	22.36	7.96	2.78	19.58
CORN,SWT,WHITE,CKD,BLD,DRND,WO/SALT	1 ear, small (5-1/2" to 6-1/2" long)	19.32	6.88	2.40	16.92
CORN,SWT,WHITE,CKD,BLD,DRND,WO/SALT	1 ear, yields	16.72	5.95	2.08	14.64
CORN,SWT,WHITE,CND,CRM STYLE,NO SALT	1 can (303 x 406)	87.39	10.65	5.78	81.60
CORN,SWT,WHITE,CND,CRM STYLE,NO SALT	1 cup	46.41	5.66	3.07	43.34
CORN,SWT,WHITE,CND,CRM STYLE,REG PK	1 can (303 x 406)	89.75	10.65	5.78	83.96
CORN,SWT,WHITE,CND,CRM STYLE,REG PK	1 cup	47.67	5.66	3.07	44.60
CORN,SWT,WHITE,CND,VACUUM PK,NO SALT	1 can (303 x 406)	66.10	0.00	6.80	59.30
CORN,SWT,WHITE,CND,VACUUM PK,NO SALT	1 cup	40.82	0.00	4.20	36.62
CORN,SWT,WHITE,CND,VACUUM PK,REG PK	1 can (303 x 406)	66.10	0.00	6.80	59.30
CORN,SWT,WHITE,CND,VACUUM PK,REG PK	1 cup	40.82	0.00	4.20	36.62
CORN,SWT,WHITE,CND,WHL KERNEL,DRND SOL	1 can (303 x 406)	44.88	7.21	6.85	38.02
CORN,SWT,WHITE,CND,WHL KERNEL,DRND SOL	1 cup	24.70	3.97	3.77	20.93
CORN,SWT,WHITE,CND,WHL KERNEL,NO SALT,SOL&LIQUIDS	1 can (303 x 406)	74.28	0.00	3.37	70.90
CORN,SWT,WHITE,CND,WHL KERNEL,NO SALT,SOL&LIQUIDS	1 cup	39.45	0.00	1.79	37.66
CORN,SWT,WHITE,CND,WHL KERNEL,REG PK,SOL&LIQUIDS	1 can (303 x 406)	74.28	0.00	8.19	66.08
CORN,SWT,WHITE,CND,WHL KERNEL,REG PK,SOL&LIQUIDS	1 cup	39.45	0.00	4.35	35.10
CORN,SWT,WHITE,FRZ,KRNLS CUT OFF COB,BLD,DRND,W/SALT	1 cup	32.27	5.15	3.96	28.31
CORN,SWT,WHITE,FRZ,KRNLS CUT OFF COB,BLD,DRND,W/SALT	1 package (10 oz) yields	55.55	8.86	6.82	48.73

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CORN,SWT,WHITE,FRZ,KRNLS CUT OFF COB,BLD,DRND,WO/SALT	1 cup	32.27	5.15	3.96	28.31
CORN,SWT,WHITE,FRZ,KRNLS CUT OFF COB,BLD,DRND,WO/SALT	1 package (10 oz) yields	55.55	8.86	6.82	48.73
CORN,SWT,WHITE,FRZ,KRNLS CUT OFF COB,UNPREP	1 cup	34.20	15.00	4.79	29.42
CORN,SWT,WHITE,FRZ,KRNLS CUT OFF COB,UNPREP	1 package (10 oz)	58.87	25.82	8.24	50.64
CORN,SWT,WHITE,FRZ,KRNLS ON COB,CKD,BLD,DRND,W/SALT	1 cup kernels	36.84	0.00	4.62	32.22
CORN,SWT,WHITE,FRZ,KRNLS ON COB,CKD,BLD,DRND,W/SALT	1 ear, yields	14.07	0.00	1.76	12.30
CORN,SWT,WHITE,FRZ,KRNLS ON COB,CKD,BLD,DRND,WO/SALT	1 cup kernels	36.84	0.00	3.47	33.38
CORN,SWT,WHITE,FRZ,KRNLS ON COB,CKD,BLD,DRND,WO/SALT	1 ear, yields	14.07	0.00	1.32	12.74
CORN,SWT,WHITE,FRZ,KRNLS ON COB,UNPREP	1 cup kernels	38.78	0.00	4.62	34.16
CORN,SWT,WHITE,FRZ,KRNLS ON COB,UNPREP	1 ear, yields	29.38	0.00	3.50	25.88
CORN,SWT,YEL,CKD,BLD,DRND,W/SALT	1 baby ear	1.68	0.36	0.19	1.49
CORN,SWT,YEL,CKD,BLD,DRND,W/SALT	1 cup	31.26	6.76	3.58	27.68
CORN,SWT,YEL,CKD,BLD,DRND,W/SALT	1 ear large (7- 3/4" to 9" long)	24.76	5.36	2.83	21.92
CORN,SWT,YEL,CKD,BLD,DRND,W/SALT	1 ear medium (6-3/4" to 7- 1/2" long)	21.61	4.68	2.47	19.14
CORN,SWT,YEL,CKD,BLD,DRND,W/SALT	1 ear small (5- 1/2" to 6-1/2" long)	18.67	4.04	2.14	16.54
CORN,SWT,YEL,CKD,BLD,DRND,W/SALT	1 ear, yields	16.15	3.50	1.85	14.31
CORN,SWT,YEL,CKD,BLD,DRND,WO/SALT	1 baby ear	1.68	0.36	0.19	1.49
CORN,SWT,YEL,CKD,BLD,DRND,WO/SALT	1 cup cut	31.26	6.76	3.58	27.68
CORN,SWT,YEL,CKD,BLD,DRND,WO/SALT	1 ear large (7- 3/4" to 9" long)	24.76	5.36	2.83	21.92
CORN,SWT,YEL,CKD,BLD,DRND,WO/SALT	1 ear medium (6-3/4" to 7- 1/2" long)	21.61	4.68	2.47	19.14
CORN,SWT,YEL,CKD,BLD,DRND,WO/SALT	1 ear small (5- 1/2" to 6-1/2" long)	18.67	4.04	2.14	16.54
CORN,SWT,YEL,CND,BRINE PK,REG PK,SOL&LIQUIDS	1 can (303 x 406)	66.81	13.64	8.19	58.61
CORN,SWT,YEL,CND,BRINE PK,REG PK,SOL&LIQUIDS	1 cup	35.48	7.24	4.35	31.13

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CORN,SWT,YEL,CND,CRM STYLE,NO SALT	1 can (303 x 406)	87.39	15.57	5.78	81.60
CORN,SWT,YEL,CND,CRM STYLE,NO SALT	1 cup	46.41	8.27	3.07	43.34
CORN,SWT,YEL,CND,CRM STYLE,REG PK	1 can (303 x 406)	87.39	15.57	5.78	81.60
CORN,SWT,YEL,CND,CRM STYLE,REG PK	1 cup	46.41	8.27	3.07	43.34
CORN,SWT,YEL,CND,DRND SOL,RINSED W/ TAP H2O	1 can drained, rinsed	34.63	0.00	0.00	34.63
CORN,SWT,YEL,CND,DRND SOL,RINSED W/ TAP H2O	1 cup drained, rinsed	19.53	0.00	0.00	19.53
CORN,SWT,YEL,CND,NO SALT,SOL&LIQUIDS	1 can (303 x 406)	66.81	15.33	8.19	58.61
CORN,SWT,YEL,CND,NO SALT,SOL&LIQUIDS	1 cup	35.48	8.14	4.35	31.13
CORN,SWT,YEL,CND,VACUUM PK,NO SALT	1 can (303 x 406)	66.10	12.10	6.80	59.30
CORN,SWT,YEL,CND,VACUUM PK,NO SALT	1 cup	40.82	7.48	4.20	36.62
CORN,SWT,YEL,CND,VACUUM PK,REG PK	1 can (303 x 406)	66.10	12.10	6.80	59.30
CORN,SWT,YEL,CND,VACUUM PK,REG PK	1 can, 15 oz (303 x 406)	82.62	15.13	8.50	74.12
CORN,SWT,YEL,CND,VACUUM PK,REG PK	1 cup	40.82	7.48	4.20	36.62
CORN,SWT,YEL,CND,WHL KERNEL,DRND SOL	1 can (12 oz) yields	31.78	5.11	4.85	26.92
CORN,SWT,YEL,CND,WHL KERNEL,DRND SOL	1 can (303 x 406)	44.88	7.21	6.85	38.02
CORN,SWT,YEL,CND,WHL KERNEL,DRND SOL	1 cup	24.70	3.97	3.77	20.93
CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,BLD,DRND,WO/SALT	1 cup	31.85	5.07	3.96	27.89
CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,BLD,DRND,WO/SALT	1 package (10 oz) yields	54.81	8.72	6.82	48.00
CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,UNPREP	1 cup	28.17	3.40	2.86	25.31
CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,UNPREP	1 package	58.82	7.10	5.96	52.85
CORN,SWT,YEL,FRZ,KRNLS ON COB,CKD,BLD,DRND,W/SALT	1 cup kernels	36.84	5.92	4.62	32.22
CORN,SWT,YEL,FRZ,KRNLS ON COB,CKD,BLD,DRND,W/SALT	1 ear, yields	14.07	2.26	1.76	12.30
CORN,SWT,YEL,FRZ,KRNLS ON COB,CKD,BLD,DRND,WO/SALT	1 cup kernels	36.84	5.92	4.62	32.22
CORN,SWT,YEL,FRZ,KRNLS ON COB,CKD,BLD,DRND,WO/SALT	1 ear, yields	14.07	2.26	1.76	12.30
CORN,SWT,YEL,FRZ,KRNLS ON COB,UNPREP	1 cup kernels	38.78	6.24	4.62	34.16
CORN,SWT,YEL,FRZ,KRNLS ON COB,UNPREP	1 ear, yields	29.38	4.73	3.50	25.88

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CORN,SWT,YEL,FRZ,KRNLS,CUT OFF COB,BLD,DRND,W/SALT	1 cup	30.87	5.07	3.96	26.91
CORN,SWT,YEL,FRZ,KRNLS,CUT OFF COB,BLD,DRND,W/SALT	1 package (10 oz) yields	53.14	8.72	6.82	46.32
CORN,SWT,YEL,RAW	1 cup	27.12	9.08	2.90	24.22
CORN,SWT,YEL,RAW	1 ear, large (7-3/4" to 9" long) yields	26.74	8.95	2.86	23.88
CORN,SWT,YEL,RAW	1 ear, medium (6-3/4" to 7-1/2" long) yields	19.07	6.39	2.04	17.03
CORN,SWT,YEL,RAW	1 ear, small (5-1/2" to 6-1/2" long)	13.65	4.57	1.46	12.19
CORN,YEL,WHL KERNEL,FRZ,MICROWAVED	1 cup	36.48	4.74	3.67	32.81
CORNSALAD,RAW	1 cup	2.02	0.00	0.00	2.02
COWPEAS (BLACKYES),IMMAT SEEDS,CKD,BLD,DRND,W/SALT	1 cup	32.55	5.33	8.25	24.30
COWPEAS (BLACKYES),IMMAT SEEDS,CKD,BLD,DRND,WO/SALT	1 cup	33.53	5.33	8.25	25.28
COWPEAS (BLACKYES),IMMAT SEEDS,FRZ,CKD,BLD,DRND,W/SALT	1 cup	39.95	7.58	10.88	29.07
COWPEAS (BLACKYES),IMMAT SEEDS,FRZ,UNPREP	1 cup	40.21	0.00	8.00	32.21
COWPEAS (BLACKYES),IMMAT SEEDS,FRZ,UNPREP	1 package (10 oz)	71.37	0.00	14.20	57.17
COWPEAS (BLACKYES),IMMAT SEEDS,RAW	1 cup	27.30	4.35	7.25	20.05
COWPEAS (BLACKYES),IMMTRE SEEDS,FRZ,CKD,BLD,DRND,WO/SALT	1 cup	40.39	7.58	10.88	29.51
COWPEAS,LEAFY TIPS,CKD,BLD,DRND,W/SALT	1 cup, chopped	1.48	0.00	0.00	1.48
COWPEAS,LEAFY TIPS,CKD,BLD,DRND,WO/SALT	1 cup, chopped	1.48	0.00	0.00	1.48
COWPEAS,LEAFY TIPS,RAW	1 cup, chopped	1.74	0.00	0.00	1.74
COWPEAS,LEAFY TIPS,RAW	1 leaf	0.14	0.00	0.00	0.14
COWPEAS,YOUNG PODS W/SEEDS,CKD,BLD,DRND,W/SALT	1 cup	6.65	0.00	0.00	6.65
COWPEAS,YOUNG PODS W/SEEDS,CKD,BLD,DRND,WO/SALT	1 cup	6.65	0.00	0.00	6.65
COWPEAS,YOUNG PODS W/SEEDS,RAW	1 cup	8.93	4.74	3.10	5.83
COWPEAS,YOUNG PODS W/SEEDS,RAW	1 pod	1.14	0.60	0.40	0.74
CRESS,GARDEN,CKD,BLD,DRND,W/SALT	1 cup	5.13	4.20	0.95	4.19

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
CRESS,GARDEN,CKD,BLD,DRND,WO/SALT	1/2 cup	2.58	2.11	0.48	2.11
CRESS,GARDEN,CKD,BLD,DRND,WO/SALT	1 cup	5.13	4.20	0.95	4.19
CRESS,GARDEN,RAW	1 cup	2.75	2.20	0.55	2.20
CRESS,GARDEN,RAW	1 sprig	0.06	0.04	0.01	0.04
CUCUMBER,PEELED,RAW	1 cup, pared, chopped	2.87	1.84	0.93	1.94
CUCUMBER,PEELED,RAW	1 cup, sliced	2.57	1.64	0.83	1.74
CUCUMBER,PEELED,RAW	1 large (8-1/4" long)	6.05	3.86	1.96	4.09
CUCUMBER,PEELED,RAW	1 medium	4.34	2.77	1.41	2.93
CUCUMBER,PEELED,RAW	1 slice	0.15	0.10	0.05	0.10
CUCUMBER,PEELED,RAW	1 small (6-3/8" long)	3.41	2.18	1.11	2.31
CUCUMBER,PEELED,RAW	1 stick (4" long)	0.19	0.12	0.06	0.13
CUCUMBER,WITH PEEL,RAW	1/2 cup slices	1.89	0.87	0.26	1.63
CUCUMBER,WITH PEEL,RAW	1 cucumber (8- 1/4")	10.93	5.03	1.51	9.42
DANDELION GREENS,RAW	1 cup, chopped	5.06	0.39	1.93	3.14
DANDELION GRNS,CKD,BLD,DRND,W/SALT	1 cup, chopped	6.72	1.70	3.05	3.68
DANDELION GRNS,CKD,BLD,DRND,WO/SALT	1 cup, chopped	6.72	0.53	3.05	3.68
DOCK,RAW	1 cup, chopped	4.26	0.00	3.86	0.40
DRUMSTICK LEAVES,CKD,BLD,DRND,W/ SALT	1 cup, chopped	4.68	0.42	0.84	3.84
DRUMSTICK LEAVES,CKD,BLD,DRND,WO/ SALT	1 cup, chopped	4.68	0.42	0.84	3.84
DRUMSTICK LEAVES,RAW	1 cup, chopped	1.74	0.00	0.42	1.32
DRUMSTICK PODS,CKD,BLD,DRND,W/ SALT	1 cup slices	9.65	0.00	4.96	4.70
DRUMSTICK PODS,CKD,BLD,DRND,WO/ SALT	1 cup slices	9.65	0.00	4.96	4.70
DRUMSTICK PODS,RAW	1 cup slices	8.53	0.00	3.20	5.33
DRUMSTICK PODS,RAW	1 pod (15-1/3" long)	0.94	0.00	0.35	0.59
EDAMAME,FRZ,PREP	1 cup	15.41	3.38	8.06	7.35
EDAMAME,FRZ,UNPREP	1 cup	10.12	2.93	5.66	4.46
EDAMAME,FRZ,UNPREP	1 package	37.07	10.71	20.74	16.33
EGGPLANT,CKD,BLD,DRND,W/SALT	1 cup (1" cubes)	8.06	3.17	2.48	5.58

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
EGGPLANT,CKD,BLD,DRND,WO/SALT	1 cup (1" cubes)	8.64	3.17	2.48	6.17
EGGPLANT,PICKLED	1 cup	13.29	6.53	3.40	9.89
EGGPLANT,RAW	1 cup, cubes	4.82	2.89	2.46	2.36
EGGPLANT,RAW	1 eggplant, peeled (yield from 1-1/4 lb)	26.93	16.17	13.74	13.19
EGGPLANT,RAW	1 eggplant, unpeeled (approx 1-1/4 lb)	32.22	19.34	16.44	15.78
ENDIVE,RAW	1/2 cup, chopped	0.84	0.06	0.78	0.06
ENDIVE,RAW	1 head	17.19	1.28	15.90	1.28
EPAZOTE,RAW	1 sprig	0.15	0.00	0.08	0.07
EPAZOTE,RAW	1 tbsp	0.06	0.00	0.03	0.03
EPPAW,RAW	1 cup	31.68	0.00	0.00	31.68
FENNEL,BULB,RAW	1 bulb	17.08	9.20	7.25	9.83
FENNEL,BULB,RAW	1 cup, sliced	6.35	3.42	2.70	3.65
FIREWEED,LEAVES,RAW	1 cup, chopped	4.42	0.00	2.44	1.98
FIREWEED,LEAVES,RAW	1 plant	4.23	0.00	2.33	1.90
FUNGI,CLOUD EARS,DRIED	1 cup	20.44	0.00	19.63	0.81
FUNGI,CLOUD EARS,DRIED	1 piece	3.29	0.00	3.15	0.13
GARLIC,RAW	1 clove	0.99	0.03	0.06	0.93
GARLIC,RAW	1 cup	44.96	1.36	2.86	42.11
GARLIC,RAW	1 tsp	0.93	0.03	0.06	0.87
GARLIC,RAW	3 cloves	2.98	0.09	0.19	2.79
GINGER ROOT,RAW	1/4 cup slices (1" dia)	4.26	0.41	0.48	3.78
GINGER ROOT,RAW	1 tsp	0.36	0.03	0.04	0.32
GINGER ROOT,RAW	5 slices (1" dia)	1.95	0.19	0.22	1.73
GOURD,DISHCLOTH (TOWELGOURD),CKD,BLD,DRND,W/SALT	1/2 cup (1" slices)	12.24	4.60	2.58	9.66
GOURD,DISHCLOTH (TOWELGOURD),CKD,BLD,DRND,W/SALT	1 cup (1" pieces)	24.48	9.20	5.16	19.31
GOURD,DISHCLOTH (TOWELGOURD),CKD,BLD,DRND,WO/SALT	1/2 cup (1" slices)	12.76	4.60	2.58	10.18
GOURD,DISHCLOTH (TOWELGOURD),CKD,BLD,DRND,WO/SALT	1 cup (1" pieces)	25.53	9.20	5.16	20.36

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
GOURD,DISHCLOTH (TOWELGOURD),RAW	1 cup (1" pieces)	4.13	1.92	1.05	3.09
GOURD,DISHCLOTH (TOWELGOURD),RAW	1 gourd	7.74	3.60	1.96	5.79
GOURD,WHITE-FLOWERED (CALABASH),CKD,BLD,DRND,W/SALT	1 cup (1" cubes)	4.53	0.00	1.75	2.77
GOURD,WHITE-FLOWERED (CALABASH),CKD,BLD,DRND,WO/SALT	1 cup (1" cubes)	5.39	0.00	1.75	3.64
GOURD,WHITE-FLOWERED (CALABASH),RAW	1/2 cup (1" pieces)	1.97	0.00	0.29	1.68
GOURD,WHITE-FLOWERED (CALABASH),RAW	1 gourd	26.14	0.00	3.86	22.28
GRAPE LEAVES,CND	1 leaf	0.47	0.00	0.40	0.07
GRAPE LEAVES,RAW	1 cup	2.42	0.88	1.54	0.88
GRAPE LEAVES,RAW	1 leaf	0.52	0.19	0.33	0.19
HEALTHY REQUEST TOMATO JUC	1 serving	11.01	8.99	1.94	9.06
HEALTHY REQUEST TOMATO JUC	8 fl oz	11.01	8.99	1.94	9.06
HEARTS OF PALM,CANNED	1 cup	6.75	0.00	3.50	3.24
HEARTS OF PALM,CANNED	1 piece	1.52	0.00	0.79	0.73
HYACINTH-BEANS,IMMAT SEEDS,CKD,BLD,DRND,W/SALT	1 cup	8.00	0.00	0.00	8.00
HYACINTH-BEANS,IMMAT SEEDS,CKD,BLD,DRND,WO/SALT	1 cup	8.00	0.00	0.00	8.00
HYACINTH-BEANS,IMMAT SEEDS,RAW	1 cup	7.35	3.26	2.64	4.71
JERUSALEM-ARTICHOKES,RAW	1 cup slices	26.16	14.40	2.40	23.76
JEW'S EAR,(PEPEAO),RAW	1 cup slices	6.68	0.00	0.00	6.68
JEW'S EAR,(PEPEAO),RAW	1 piece	0.41	0.00	0.00	0.41
JUTE,POTHERB,CKD,BLD,DRND,W/SALT	1 cup	6.34	0.87	1.74	4.60
JUTE,POTHERB,CKD,BLD,DRND,WO/SALT	1 cup	6.34	0.87	1.74	4.60
JUTE,POTHERB,RAW	1 cup	1.62	0.00	0.00	1.62
KALE,CKD,BLD,DRND,W/SALT	1 cup, chopped	7.32	1.63	2.60	4.72
KALE,CKD,BLD,DRND,WO/SALT	1 cup, chopped	7.32	1.63	2.60	4.72
KALE,FROZEN,UNPREPARED	1/3 package (10 oz)	4.61	0.00	1.88	2.73
KALE,FROZEN,UNPREPARED	1 package (10 oz)	13.92	0.00	5.68	8.24
KALE,FRZ,CKD,BLD,DRND,W/SALT	1 cup, chopped	6.80	1.74	2.60	4.20
KALE,FRZ,CKD,BLD,DRND,WO/SALT	1/2 cup, chopped or diced	3.40	0.87	1.30	2.10
KALE,FRZ,CKD,BLD,DRND,WO/SALT	1 cup, chopped	6.80	1.74	2.60	4.20

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
KALE,RAW	1 cup 1" pieces, loosely packed	1.40	0.36	0.58	0.82
KALE,SCOTCH,CKD,BLD,DRND,W/SALT	1 cup, chopped	7.31	0.00	0.00	7.31
KALE,SCOTCH,CKD,BLD,DRND,WO/SALT	1 cup, chopped	7.32	0.00	1.56	5.76
KALE,SCOTCH,RAW	1 cup, chopped	5.57	0.00	1.14	4.44
KANPYO,(DRIED GOURD STRIPS)	1/2 cup	17.56	0.00	2.65	14.91
KANPYO,(DRIED GOURD STRIPS)	1 strip	4.10	0.00	0.62	3.48
KOHLRABI,CKD,BLD,DRND,W/SALT	1 cup slices	11.04	4.62	1.82	9.22
KOHLRABI,CKD,BLD,DRND,WO/SALT	1 cup slices	11.04	4.62	1.82	9.22
KOHLRABI,RAW	1 cup	8.37	3.51	4.86	3.51
KOHLRABI,RAW	1 slice	0.99	0.42	0.58	0.42
LAMBS QUARTERS,CKD,BLD,DRND,W/SALT	1 cup, chopped	9.00	1.12	3.78	5.22
LAMBSQUARTERS,CKD,BLD,DRND,WO/SALT	1 cup, chopped	9.00	1.12	3.78	5.22
LEEK,(BULB&LOWER LEAF-PORION),CKD,BLD,DRND,W/SALT	1/4 cup, chopped	1.98	0.55	0.26	1.72
LEEK,(BULB&LOWER LEAF-PORION),CKD,BLD,DRND,W/SALT	1 leek	9.45	2.62	1.24	8.21
LEEK,(BULB&LOWER LEAF-PORION),CKD,BLD,DRND,WO/SALT	1/4 cup, chopped or diced	1.98	0.55	0.26	1.72
LEEK,(BULB&LOWER LEAF-PORION),CKD,BLD,DRND,WO/SALT	1 leek	9.45	2.62	1.24	8.21
LEEK,(BULB&LOWER LEAF-PORION),RAW	1 cup	12.59	3.47	1.60	10.99
LEEK,(BULB&LOWER LEAF-PORION),RAW	1 leek	12.59	3.47	1.60	10.99
LEEK,(BULB&LOWER LEAF-PORION),RAW	1 slice	0.85	0.23	0.11	0.74
LEEK,(BULB&LOWER-LEAF PORTION),FREEZE-DRIED	1/4 cup	0.60	0.00	0.08	0.51
LEEK,(BULB&LOWER-LEAF PORTION),FREEZE-DRIED	1 tbsp	0.15	0.00	0.02	0.13
LEMON GRASS (CITRONELLA),RAW	1 cup	16.96	0.00	0.00	16.96
LEMON GRASS (CITRONELLA),RAW	1 tbsp	1.21	0.00	0.00	1.21
LENTIL,SPROUTED,RAW	1 cup	17.05	0.00	0.00	17.05
LETTUCE,BUTTERHEAD (INCL BOSTON&BIBB TYPES),RAW	1 cup, shredded or chopped	1.23	0.52	0.61	0.62
LETTUCE,BUTTERHEAD (INCL BOSTON&BIBB TYPES),RAW	1 head (5" dia)	3.63	1.53	1.79	1.84
LETTUCE,BUTTERHEAD (INCL BOSTON&BIBB TYPES),RAW	1 leaf	0.11	0.05	0.06	0.06
LETTUCE,BUTTERHEAD (INCL BOSTON&BIBB TYPES),RAW	1 leaf, large	0.33	0.14	0.17	0.17

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
LETTUCE,BUTTERHEAD (INCL BOSTON&BIBB TYPES),RAW	1 leaf, medium	0.17	0.07	0.08	0.08
LETTUCE,COS OR ROMAINE,RAW	1 cup shredded	1.55	0.56	0.99	0.56
LETTUCE,COS OR ROMAINE,RAW	1 head	20.60	7.45	13.15	7.45
LETTUCE,COS OR ROMAINE,RAW	1 leaf inner	0.20	0.07	0.13	0.07
LETTUCE,COS OR ROMAINE,RAW	1 leaf outer	0.92	0.33	0.59	0.33
LETTUCE,COS OR ROMAINE,RAW	1 NLEA serving	2.80	1.01	1.79	1.01
LETTUCE,GRN LEAF,RAW	1 cup shredded	1.03	0.28	0.47	0.57
LETTUCE,GRN LEAF,RAW	1 head	10.33	2.81	4.68	5.65
LETTUCE,GRN LEAF,RAW	1 leaf inner	0.14	0.04	0.06	0.08
LETTUCE,GRN LEAF,RAW	1 leaf outer	0.69	0.19	0.31	0.38
LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	1 cup shredded	2.14	1.42	0.86	1.27
LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	1 cup, chopped (1/2" pieces, loosely packed)	1.69	1.12	0.68	1.01
LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	1 head, large	22.42	14.87	9.06	13.36
LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	1 head, medium (6" dia)	16.01	10.62	6.47	9.54
LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	1 head, small	9.62	6.38	3.89	5.73
LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	1 leaf, large	0.45	0.30	0.18	0.27
LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	1 leaf, medium	0.24	0.16	0.10	0.14
LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	1 leaf, small	0.15	0.10	0.06	0.09
LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	1 NLEA Serving	2.64	1.75	1.07	1.58
LETTUCE,RED LEAF,RAW	1 cup shredded	0.63	0.13	0.25	0.38
LETTUCE,RED LEAF,RAW	1 head	6.98	1.48	2.78	4.20
LETTUCE,RED LEAF,RAW	1 leaf inner	0.06	0.01	0.02	0.04
LETTUCE,RED LEAF,RAW	1 leaf outer	0.38	0.08	0.15	0.23
LETTUCE,RED LEAF,RAW	1 NLEA serving	1.92	0.41	0.77	1.16
LIMA BNS,IMMAT SEEDS,CKD,BLD,DRND,W/SALT	1 cup	40.19	2.77	9.01	31.18
LIMA BNS,IMMAT SEEDS,CKD,BLD,DRND,WO/SALT	1 cup	40.19	2.77	9.01	31.18
LIMA BNS,IMMAT SEEDS,CND,NO SALT,SOL&LIQUIDS	1 can (303 x 406)	60.52	4.22	16.34	44.17
LIMA BNS,IMMAT SEEDS,CND,NO SALT,SOL&LIQUIDS	1 cup	33.06	2.31	8.93	24.13
LIMA BNS,IMMAT SEEDS,FRZ,BABY,CKD,BLD,DRND,W/SALT	1 cup	35.01	2.47	10.80	24.21

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
LIMA BNS,IMMAT SEEDS,FRZ,BABY,CKD,BLD,DRND,W/SALT	1 package (10 oz) yields	60.49	4.26	18.66	41.83
LIMA BNS,IMMAT SEEDS,FRZ,BABY,CKD,BLD,DRND,WO/SALT	1 cup	35.01	2.47	10.80	24.21
LIMA BNS,IMMAT SEEDS,FRZ,BABY,CKD,BLD,DRND,WO/SALT	1 package (10 oz) yields	60.49	4.26	18.66	41.83
LIMA BNS,IMMAT SEEDS,FRZ,BABY,UNPREP	1 cup	41.23	0.00	9.84	31.39
LIMA BNS,IMMAT SEEDS,FRZ,BABY,UNPREP	1 package (10 oz)	71.40	0.00	17.04	54.36
LIMA BNS,IMMAT SEEDS,FRZ,FORDHOOK,CKD,BLD,DRND,W/SALT	1 cup	32.84	2.28	9.86	22.98
LIMA BNS,IMMAT SEEDS,FRZ,FORDHOOK,CKD,BLD,DRND,W/SALT	1 package (10 oz) yields	60.09	4.17	18.04	42.05
LIMA BNS,IMMAT SEEDS,FRZ,FORDHOOK,CKD,BLD,DRND,WO/SALT	1 cup	32.84	2.28	9.86	22.98
LIMA BNS,IMMAT SEEDS,FRZ,FORDHOOK,CKD,BLD,DRND,WO/SALT	1 package (10 oz) yields	60.09	4.17	18.04	42.05
LIMA BNS,IMMAT SEEDS,FRZ,FORDHOOK,UNPREP	1 cup	31.73	2.22	8.80	22.93
LIMA BNS,IMMAT SEEDS,FRZ,FORDHOOK,UNPREP	1 package (10 oz)	56.32	3.95	15.62	40.70
LIMA BNS,IMMAT SEEDS,RAW	1 cup	31.47	2.31	7.64	23.82
LOTUS ROOT,CKD,BLD,DRND,W/SALT	1/2 cup	9.61	0.00	1.86	7.75
LOTUS ROOT,CKD,BLD,DRND,W/SALT	10 slices (2-1/2" dia)	14.26	0.00	2.76	11.50
LOTUS ROOT,CKD,BLD,DRND,WO/SALT	1/2 cup	9.61	0.30	1.86	7.75
LOTUS ROOT,CKD,BLD,DRND,WO/SALT	10 slices (2-1/2" dia)	14.26	0.45	2.76	11.50
LOTUS ROOT,RAW	1 root (9-1/2" long)	19.81	0.00	5.64	14.18
LOTUS ROOT,RAW	10 slices (2-1/2" dia)	13.96	0.00	3.97	9.99
MALABAR SPINACH,COOKED	1 bunch	0.46	0.00	0.36	0.10
MALABAR SPINACH,COOKED	1 cup	1.19	0.00	0.92	0.27
MOUNTAIN YAM,HAWAII,CKD,STMD,W/ SALT	1 cup, cubes	28.99	0.00	0.00	28.99
MOUNTAIN YAM,HAWAII,CKD,STMD,WO/SALT	1 cup, cubes	29.00	0.00	0.00	29.00
MOUNTAIN YAM,HAWAII,RAW	1/2 cup, cubes	11.08	0.21	1.70	9.38
MOUNTAIN YAM,HAWAII,RAW	1 yam	68.46	1.30	10.50	57.96
MUNG BNS,MATURE SEEDS,SPROUTED,CKD,BLD,DRND,W/SALT	1 cup	4.46	3.52	0.99	3.47
MUNG BNS,MATURE SEEDS,SPROUTED,CKD,BLD,DRND,WO/SALT	1 cup	5.20	3.52	0.99	4.20
MUNG BNS,MATURE SEEDS,SPROUTED,CKD,STIR-FRIED	1 cup	13.13	0.00	2.36	10.78
MUNG BNS,MATURE SEEDS,SPROUTED,RAW	1 cup	6.18	4.30	1.87	4.31

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
MUNG BNS,MATURE SEEDS,SPROUTED,RAW	1 package (12 oz)	20.20	14.04	6.12	14.08
MUSHROOMS,BROWN,ITALIAN,OR CRIMINI,RAW	1 cup sliced	3.10	1.24	0.43	2.66
MUSHROOMS,BROWN,ITALIAN,OR CRIMINI,RAW	1 cup whole	3.74	1.50	0.52	3.22
MUSHROOMS,BROWN,ITALIAN,OR CRIMINI,RAW	1 piece whole	0.86	0.34	0.12	0.74
MUSHROOMS,CHANTERELLE,RAW	1 cup	3.70	0.63	2.05	1.65
MUSHROOMS,CHANTERELLE,RAW	1 piece	0.37	0.06	0.21	0.17
MUSHROOMS,CND,DRND SOL	1/2 cup pieces	3.97	1.83	1.87	2.10
MUSHROOMS,CND,DRND SOL	1 can	6.72	3.09	3.17	3.55
MUSHROOMS,CND,DRND SOL	1 cup	7.94	3.65	3.74	4.20
MUSHROOMS,CND,DRND SOL	1 large	0.81	0.37	0.38	0.43
MUSHROOMS,CND,DRND SOL	1 medium	0.61	0.28	0.29	0.32
MUSHROOMS,CND,DRND SOL	1 small	0.36	0.16	0.17	0.19
MUSHROOMS,CND,DRND SOL	8 caps	2.39	1.10	1.13	1.26
MUSHROOMS,CND,DRND SOL	10 slices	2.04	0.94	0.96	1.08
MUSHROOMS,ENOKI,RAW	1 cup sliced	5.08	0.14	1.76	3.32
MUSHROOMS,ENOKI,RAW	1 cup whole	5.00	0.14	1.73	3.27
MUSHROOMS,ENOKI,RAW	1 large	0.39	0.01	0.14	0.26
MUSHROOMS,ENOKI,RAW	1 medium	0.23	0.01	0.08	0.15
MUSHROOMS,MAITAKE,RAW	1 cup diced	4.88	1.45	1.89	2.99
MUSHROOMS,MAITAKE,RAW	1 piece whole	0.08	0.02	0.03	0.05
MUSHROOMS,MOREL,RAW	1 cup	3.37	0.40	1.85	1.52
MUSHROOMS,MOREL,RAW	1 piece	0.66	0.08	0.36	0.30
MUSHROOMS,OYSTER,RAW	1 cup sliced	5.24	0.95	1.98	3.26
MUSHROOMS,OYSTER,RAW	1 large	9.01	1.64	3.40	5.61
MUSHROOMS,OYSTER,RAW	1 small	0.91	0.17	0.35	0.57
MUSHROOMS,PORTABELLA,EXPOSED TO UV LT,GRILLED	1 cup sliced	5.37	2.73	2.66	2.71
MUSHROOMS,PORTABELLA,EXPOSED TO UV LT,RAW	1 cup diced	3.33	2.15	1.12	2.21
MUSHROOMS,PORTABELLA,EXPOSED TO UV LT,RAW	1 piece whole	3.25	2.10	1.09	2.16
MUSHROOMS,PORTABELLA,GRILLED	1 cup sliced	5.37	2.73	2.66	2.71
MUSHROOMS,PORTABELLA,RAW	1 cup diced	3.33	2.15	1.12	2.21
MUSHROOMS,PORTABELLA,RAW	1 piece whole	3.25	2.10	1.09	2.16
MUSHROOMS,SHIITAKE,CKD,W/SALT	1 cup pieces	20.87	5.57	3.05	17.82
MUSHROOMS,SHIITAKE,CKD,W/SALT	4 mushrooms	10.36	2.76	1.51	8.85
MUSHROOMS,SHIITAKE,CKD,WO/SALT	1 cup pieces	20.87	5.57	3.05	17.82
MUSHROOMS,SHIITAKE,CKD,WO/SALT	4 mushrooms	10.36	2.76	1.51	8.85
MUSHROOMS,SHIITAKE,DRIED	1 mushroom	2.71	0.08	0.41	2.30
MUSHROOMS,SHIITAKE,DRIED	4 mushrooms	11.31	0.33	1.73	9.58
MUSHROOMS,SHIITAKE,RAW	1 piece whole	1.29	0.45	0.48	0.82
MUSHROOMS,SHIITAKE,STIR-FRIED	1 cup sliced	7.45	0.29	3.49	3.96
MUSHROOMS,SHIITAKE,STIR-FRIED	1 cup whole	6.84	0.27	3.20	3.63
MUSHROOMS,SHIITAKE,STIR-FRIED	1 piece whole	1.46	0.06	0.68	0.78
MUSHROOMS,STRAW,CND,DRND SOL	1 cup	8.44	0.00	4.55	3.89

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
MUSHROOMS,STRAW,CND,DRND SOL	1 piece	0.26	0.00	0.14	0.12
MUSHROOMS,WHITE,CKD,BLD,DRND,W/ SALT	1 cup pieces	8.25	3.65	3.43	4.82
MUSHROOMS,WHITE,CKD,BLD,DRND,W/ SALT	1 mushroom	0.63	0.28	0.26	0.37
MUSHROOMS,WHITE,CKD,BLD,DRND,W/ SALT	1 tbsp	0.52	0.23	0.22	0.30
MUSHROOMS,WHITE,CKD,BLD,DRND,WO/ SALT	1 cup pieces	8.25	3.65	3.43	4.82
MUSHROOMS,WHITE,CKD,BLD,DRND,WO/ SALT	1 mushroom	0.63	0.28	0.26	0.37
MUSHROOMS,WHITE,CKD,BLD,DRND,WO/ SALT	1 tbsp	0.52	0.23	0.22	0.30
MUSHROOMS,WHITE,RAW	1/2 cup pieces	1.14	0.69	0.35	0.79
MUSHROOMS,WHITE,RAW	1 cup, pieces or slices	2.28	1.39	0.70	1.58
MUSHROOMS,WHITE,RAW	1 cup, whole	3.13	1.90	0.96	2.17
MUSHROOMS,WHITE,RAW	1 large	0.75	0.46	0.23	0.52
MUSHROOMS,WHITE,RAW	1 medium	0.59	0.36	0.18	0.41
MUSHROOMS,WHITE,RAW	1 slice	0.20	0.12	0.06	0.14
MUSHROOMS,WHITE,RAW	1 small	0.33	0.20	0.10	0.23
MUSHROOMS,WHITE,STIR-FRIED	1 cup sliced	4.36	0.00	1.94	2.42
MUSTARD GREENS,RAW	1 cup, chopped	2.62	0.74	1.79	0.82
MUSTARD GRNS,CKD,BLD,DRND,W/SALT	1 cup, chopped	6.31	1.97	2.80	3.51
MUSTARD GRNS,CKD,BLD,DRND,WO/SALT	1 cup, chopped	6.31	1.97	2.80	3.51
MUSTARD GRNS,FRZ,CKD,BLD,DRND,W/SALT	1 cup, chopped or diced	4.67	0.48	4.20	0.47
MUSTARD GRNS,FRZ,CKD,BLD,DRND,W/SALT	1 package (10 oz) yields	6.59	0.68	5.94	0.66
MUSTARD GRNS,FRZ,CKD,BLD,DRND,WO/SALT	1 cup, chopped	4.67	0.48	4.20	0.47
MUSTARD GRNS,FRZ,CKD,BLD,DRND,WO/SALT	1 package (10 oz) yields	6.59	0.68	5.94	0.66
MUSTARD GRNS,FRZ,UNPREP	1 cup, chopped	4.98	0.00	4.82	0.16
MUSTARD GRNS,FRZ,UNPREP	1 package (10 oz)	9.68	0.00	9.37	0.31
MUSTARD SPINACH,(TENDERGREEN),CKD,BLD,DRND,W/SALT	1 cup, chopped	5.04	0.00	3.60	1.44
MUSTARD SPINACH,(TENDERGREEN),CKD,BLD,DRND,WO/SALT	1 cup, chopped	5.04	0.00	3.60	1.44
MUSTARD SPINACH,(TENDERGREEN),RAW	1 cup, chopped	5.85	0.00	4.20	1.65
NEW ZEALAND SPINACH,CKD,BLD,DRND,W/SALT	1 cup, chopped	3.83	0.45	2.52	1.31

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
NEW ZEALAND SPINACH,CKD,BLD,DRND,WO/SALT	1 cup, chopped	3.83	0.45	2.52	1.31
NEW ZEALAND SPINACH,RAW	1 cup, chopped	1.40	0.16	0.84	0.56
NOPALES,CKD,WO/SALT	1 cup	4.89	1.67	2.98	1.91
NOPALES,CKD,WO/SALT	1 pad	0.95	0.32	0.58	0.37
NOPALES,RAW	1 cup, sliced	2.86	0.99	1.89	0.97
OKRA,CKD,BLD,DRND,W/SALT	1/2 cup slices	3.61	1.92	2.00	1.61
OKRA,CKD,BLD,DRND,W/SALT	8 pods (3" long)	3.83	2.04	2.13	1.71
OKRA,CKD,BLD,DRND,WO/SALT	1/2 cup slices	3.61	1.92	2.00	1.61
OKRA,CKD,BLD,DRND,WO/SALT	8 pods (3" long)	3.83	2.04	2.13	1.71
OKRA,FROZEN,UNPREPARED	1/3 package (10 oz)	6.30	2.82	2.09	4.21
OKRA,FROZEN,UNPREPARED	1 package (10 oz)	18.83	8.43	6.25	12.58
OKRA,FROZEN,UNPREPARED	1 package (3 lb)	90.23	40.42	29.94	60.29
OKRA,FRZ,CKD,BLD,DRND,W/ SALT	1/2 cup slices	5.90	2.64	1.93	3.97
OKRA,FRZ,CKD,BLD,DRND,W/ SALT	1 package (10 oz) yields	16.35	7.32	5.36	10.99
OKRA,FRZ,CKD,BLD,DRND,WO/SALT	1/2 cup slices	5.90	2.64	1.93	3.97
OKRA,FRZ,CKD,BLD,DRND,WO/SALT	1 package (10 oz) yields	16.35	7.32	5.36	10.99
OKRA,RAW	1 cup	7.45	1.48	3.20	4.25
OKRA,RAW	8 pods (3" long)	7.08	1.41	3.04	4.04
ONION RINGS,BREADED,PAR FR,FRZ,PREP,HTD IN OVEN	1 cup	16.22	2.45	1.06	15.16
ONION RINGS,BREADED,PAR FR,FRZ,PREP,HTD IN OVEN	10 rings, large (3-4" dia)	23.99	3.62	1.56	22.43
ONION RINGS,BREADED,PAR FR,FRZ,PREP,HTD IN OVEN	10 rings, medium (2-3" dia)	20.27	3.06	1.32	18.95
ONION RINGS,BREADED,PAR FR,FRZ,PREP,HTD IN OVEN	10 rings, small (1-2" dia)	16.22	2.45	1.06	15.16
ONION RINGS,BREADED,PAR FR,FRZ,UNPREP	1 package (16 oz)	138.61	0.00	8.17	130.43
ONION RINGS,BREADED,PAR FR,FRZ,UNPREP	1 package (9 oz)	77.85	0.00	4.59	73.26
ONION RINGS,BREADED,PAR FR,FRZ,UNPREP	6 rings	25.95	0.00	1.53	24.42
ONIONS,CKD,BLD,DRND,W/SALT	1 cup	20.08	9.93	2.94	17.14
ONIONS,CKD,BLD,DRND,W/SALT	1 large	12.24	6.05	1.79	10.44

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
ONIONS,CKD,BLD,DRND,W/SALT	1 medium	8.99	4.45	1.32	7.67
ONIONS,CKD,BLD,DRND,W/SALT	1 slice large (1/4" thick)	3.06	1.51	0.45	2.61
ONIONS,CKD,BLD,DRND,W/SALT	1 slice medium (1/8" thick)	1.15	0.57	0.17	0.98
ONIONS,CKD,BLD,DRND,W/SALT	1 slice thin	0.76	0.38	0.11	0.65
ONIONS,CKD,BLD,DRND,W/SALT	1 small	5.74	2.84	0.84	4.90
ONIONS,CKD,BLD,DRND,W/SALT	1 tbsp chopped	1.43	0.71	0.21	1.22
ONIONS,CKD,BLD,DRND,WO/SALT	1 cup	21.32	9.93	2.94	18.38
ONIONS,CKD,BLD,DRND,WO/SALT	1 large	12.99	6.05	1.79	11.20
ONIONS,CKD,BLD,DRND,WO/SALT	1 medium	9.54	4.45	1.32	8.23
ONIONS,CKD,BLD,DRND,WO/SALT	1 slice, large (1/4" thick)	3.25	1.51	0.45	2.80
ONIONS,CKD,BLD,DRND,WO/SALT	1 slice, medium (1/8" thick)	1.22	0.57	0.17	1.05
ONIONS,CKD,BLD,DRND,WO/SALT	1 slice, thin	0.81	0.38	0.11	0.70
ONIONS,CKD,BLD,DRND,WO/SALT	1 small	6.09	2.84	0.84	5.25
ONIONS,CKD,BLD,DRND,WO/SALT	1 tbsp chopped	1.52	0.71	0.21	1.31
ONIONS,CND,SOL&LIQUIDS	1/2 cup, chopped or diced	4.50	2.46	1.34	3.16
ONIONS,CND,SOL&LIQUIDS	1 onion	2.53	1.39	0.76	1.78
ONIONS,DEHYDRATED FLAKES	1/4 cup	11.66	5.24	1.29	10.37
ONIONS,DEHYDRATED FLAKES	1 tbsp	4.16	1.87	0.46	3.70
ONIONS,FRZ,CHOPD,CKD,BLD,DRND,W/SALT	1/2 cup, chopped or diced	6.30	3.05	1.79	4.52
ONIONS,FRZ,CHOPD,CKD,BLD,DRND,W/SALT	1 tbsp chopped	0.90	0.44	0.26	0.65
ONIONS,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT	1/2 cup, chopped or diced	6.92	3.05	1.89	5.03
ONIONS,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT	1 tbsp chopped	0.99	0.44	0.27	0.72
ONIONS,FRZ,CHOPD,UNPREP	1/3 package (10 oz)	6.48	0.00	1.71	4.77
ONIONS,FRZ,CHOPD,UNPREP	1 package (10 oz)	19.37	0.00	5.11	14.26
ONIONS,FRZ,WHL,CKD,BLD,DRND,W/SALT	1 cup	12.83	6.09	2.94	9.89

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
ONIONS,FRZ,WHL,CKD,BLD,DRND,WO/SALT	1 cup	14.07	6.09	2.94	11.13
ONIONS,FRZ,WHL,UNPREP	1/3 package (10 oz)	8.03	3.62	1.62	6.41
ONIONS,FRZ,WHL,UNPREP	1 package (10 oz)	24.00	10.82	4.83	19.17
ONIONS,RAW	1 cup, chopped	14.94	6.78	2.72	12.22
ONIONS,RAW	1 cup, sliced	10.74	4.88	1.96	8.79
ONIONS,RAW	1 large	14.01	6.36	2.55	11.46
ONIONS,RAW	1 medium (2-1/2" dia)	10.27	4.66	1.87	8.40
ONIONS,RAW	1 slice, large (1/4" thick)	3.55	1.61	0.65	2.90
ONIONS,RAW	1 slice, medium (1/8" thick)	1.31	0.59	0.24	1.07
ONIONS,RAW	1 slice, thin	0.84	0.38	0.15	0.69
ONIONS,RAW	1 small	6.54	2.97	1.19	5.35
ONIONS,RAW	1 tbsp chopped	0.93	0.42	0.17	0.76
ONIONS,RAW	10 rings	5.60	2.54	1.02	4.58
ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),RAW	1 cup, chopped	7.34	2.33	2.60	4.74
ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),RAW	1 large	1.84	0.58	0.65	1.19
ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),RAW	1 medium (4-1/8" long)	1.10	0.35	0.39	0.71
ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),RAW	1 small (3" long)	0.37	0.12	0.13	0.24
ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),RAW	1 tbsp chopped	0.44	0.14	0.16	0.28
ONIONS,SWT,RAW	1 NLEA serving	11.17	7.43	1.33	9.84
ONIONS,SWT,RAW	1 onion	24.99	16.62	2.98	22.01
ONIONS,YEL,SAUTEED	1 cup chopped	6.84	0.00	1.48	5.36
ONIONS,YOUNG GRN,TOPS ONLY	1 cup chopped	4.08	2.78	1.28	2.80
ONIONS,YOUNG GRN,TOPS ONLY	1 stalk	0.69	0.47	0.22	0.47
ONIONS,YOUNG GRN,TOPS ONLY	1 tbsp	0.34	0.23	0.11	0.24
PACE,DICED GRN CHILIES	1 serving	2.00	1.00	0.99	1.01
PACE,DICED GRN CHILIES	2 tbsp	2.00	1.00	0.99	1.01
PACE,JALAPENOS NACHO SLICED PEPPERS	1 oz	1.00	1.00	0.99	0.01
PACE,JALAPENOS NACHO SLICED PEPPERS	1 serving	1.00	1.00	0.99	0.01
PARSLEY,FREEZE-DRIED	1/4 cup	0.59	0.00	0.46	0.14
PARSLEY,FREEZE-DRIED	1 tbsp	0.17	0.00	0.13	0.04
PARSLEY,FRSH	1 cup chopped	3.80	0.51	1.98	1.82

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
PARSLEY,FRSH	1 tbsp	0.24	0.03	0.13	0.12
PARSLEY,FRSH	10 sprigs	0.63	0.09	0.33	0.30
PARSNIPS,CKD,BLD,DRND,W/SALT	1/2 cup slices	13.27	3.74	3.12	10.15
PARSNIPS,CKD,BLD,DRND,W/SALT	1 parsnip (9" long)	27.22	7.68	6.40	20.82
PARSNIPS,CKD,BLD,DRND,WO/SALT	1/2 cup slices	13.27	3.74	2.81	10.46
PARSNIPS,CKD,BLD,DRND,WO/SALT	1 parsnip (9" long)	27.22	7.68	5.76	21.46
PARSNIPS,RAW	1 cup slices	23.93	6.38	6.52	17.41
PEAS&CARROTS,CND,NO SALT,SOL&LIQUIDS	1 cup	21.62	7.22	8.42	13.21
PEAS&CARROTS,CND,REG PK,SOL&LIQUIDS	1 cup	21.62	0.00	5.10	16.52
PEAS&CARROTS,FRZ,CKD,BLD,DRND,W/SALT	1/2 cup	8.10	3.49	2.48	5.62
PEAS&CARROTS,FRZ,CKD,BLD,DRND,W/SALT	1 package (10 oz) yields	28.13	12.12	8.62	19.52
PEAS&CARROTS,FRZ,CKD,BLD,DRND,WO/SALT	1/2 cup	8.10	3.49	2.48	5.62
PEAS&CARROTS,FRZ,CKD,BLD,DRND,WO/SALT	1 package (10 oz) yields	28.13	12.12	8.62	19.52
PEAS&CARROTS,FRZ,UNPREP	1/2 cup	7.81	0.00	2.38	5.43
PEAS&CARROTS,FRZ,UNPREP	1 package (10 oz)	31.67	0.00	9.66	22.01
PEAS&ONIONS,CND,SOL&LIQUIDS	1 cup	10.28	0.00	2.76	7.52
PEAS&ONIONS,FRZ,CKD,BLD,DRND,W/SALT	1 cup	15.53	6.79	3.96	11.57
PEAS&ONIONS,FRZ,CKD,BLD,DRND,WO/SALT	1 cup	15.53	6.79	3.96	11.57
PEAS&ONIONS,FRZ,UNPREP	1/2 cup	9.32	0.00	2.42	6.91
PEAS&ONIONS,FRZ,UNPREP	1 package (10 oz)	38.37	0.00	9.94	28.43
PEAS,EDIBLE-PODDED,BLD,DRND,WO/ SALT	1 cup	11.28	6.38	4.48	6.80
PEAS,EDIBLE-PODDED,CKD,BLD,DRND,W/SALT	1 cup	10.34	6.38	4.48	5.86
PEAS,EDIBLE-PODDED,FRZ,CKD,BLD,DRND,W/SALT	1 cup	13.49	7.71	4.96	8.53
PEAS,EDIBLE-PODDED,FRZ,CKD,BLD,DRND,W/SALT	1 package (10 oz) yields	21.33	12.19	7.84	13.48
PEAS,EDIBLE-PODDED,FRZ,CKD,BLD,DRND,WO/SALT	1 cup	14.43	7.71	4.96	9.47
PEAS,EDIBLE-PODDED,FRZ,CKD,BLD,DRND,WO/SALT	1 package (10 oz) yields	22.82	12.19	7.84	14.98
PEAS,EDIBLE-PODDED,FRZ,UNPREP	1 cup	10.37	0.00	4.46	5.90
PEAS,EDIBLE-PODDED,FRZ,UNPREP	1 package (10 oz)	20.45	0.00	8.80	11.64
PEAS,EDIBLE-PODDED,RAW	1 cup, chopped	7.40	3.92	2.55	4.85
PEAS,EDIBLE-PODDED,RAW	1 cup, whole	4.76	2.52	1.64	3.12
PEAS,EDIBLE-PODDED,RAW	10 pea pods	2.57	1.36	0.88	1.68
PEAS,GREEN,RAW	1 cup	20.95	8.22	7.40	13.56

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
PEAS,GRN (INCLUDES BABY & LESUER TYPES),CND,DRND SOL,UNPREP	1 can (303 x 406)	35.56	9.36	15.34	20.22
PEAS,GRN (INCLUDES BABY & LESUER TYPES),CND,DRND SOL,UNPREP	1 cup	19.88	5.23	8.58	11.31
PEAS,GRN,CKD,BLD,DRND,W/SALT	1 cup	25.01	9.49	8.80	16.21
PEAS,GRN,CKD,BLD,DRND,WO/SALT	1 cup	25.01	9.49	8.80	16.21
PEAS,GRN,CND,DRND SOL,RINSED IN TAP H2O	1 can	30.38	0.00	0.00	30.38
PEAS,GRN,CND,DRND SOL,RINSED IN TAP H2O	1 cup	19.27	0.00	0.00	19.27
PEAS,GRN,CND,NO SALT,DRND SOL	1/2 cup	10.69	3.54	3.49	7.21
PEAS,GRN,CND,NO SALT,DRND SOL	1 can (303 x 406)	39.38	13.02	12.83	26.54
PEAS,GRN,CND,NO SALT,SOL&LIQUIDS	1/2 cup	12.09	3.97	4.09	8.00
PEAS,GRN,CND,NO SALT,SOL&LIQUIDS	1 can (303 x 406)	47.00	15.42	15.91	31.09
PEAS,GRN,CND,REG PK,SOL&LIQUIDS	1/2 cup	13.14	3.97	4.09	9.05
PEAS,GRN,CND,REG PK,SOL&LIQUIDS	1 can (303 x 406)	51.09	15.42	15.91	35.19
PEAS,GRN,CND,SEASONED,SOL&LIQUIDS	1/2 cup	10.55	0.00	2.28	8.27
PEAS,GRN,CND,SEASONED,SOL&LIQUIDS	1 cup	21.00	0.00	4.54	16.46
PEAS,GRN,FRZ,CKD,BLD,DRND,W/SALT	1/2 cup	11.41	3.72	4.40	7.01
PEAS,GRN,FRZ,CKD,BLD,DRND,W/SALT	1 package (10 oz) yields	36.08	11.76	13.92	22.16
PEAS,GRN,FRZ,CKD,BLD,DRND,WO/SALT	1/2 cup	11.41	3.72	4.40	7.01
PEAS,GRN,FRZ,CKD,BLD,DRND,WO/SALT	1 package (10 oz) yields	36.08	11.76	13.92	22.16
PEAS,GRN,FRZ,UNPREP	1 cup	18.25	6.70	6.03	12.22
PEAS,GRN,FRZ,UNPREP	1 package	38.68	14.20	12.78	25.90
PEAS,MATURE SEEDS,SPROUTED,RAW	1 cup	32.53	0.00	0.00	32.53
PEPEAO,DRIED	1 cup	19.45	0.00	0.00	19.45
PEPPER,BANANA,RAW	1 cup	6.63	2.42	4.22	2.42
PEPPER,BANANA,RAW	1 large (5" long)	4.01	1.46	2.55	1.46
PEPPER,BANANA,RAW	1 medium (4-1/2" long)	2.46	0.90	1.56	0.90
PEPPER,BANANA,RAW	1 small (4" long)	1.77	0.64	1.12	0.64
PEPPERS,ANCHO,DRIED	1 pepper	8.74	0.00	3.67	5.07
PEPPERS,CHILI,GRN,CND	1 cup	6.39	0.00	2.36	4.03
PEPPERS,HOT CHILE,SUN-DRIED	1 cup	25.85	15.19	10.62	15.23
PEPPERS,HOT CHILE,SUN-DRIED	1 pepper	0.35	0.21	0.14	0.21
PEPPERS,HOT CHILI,GRN,CND,PODS,EXCLUDING SEEDS,SOL&LIQUIDS	1/2 cup, chopped or diced	3.47	2.12	0.88	2.58

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
PEPPERS,HOT CHILI,GRN,CND,PODS,EXCLUDING SEEDS,SOL&LIQUIDS	1 pepper	3.72	2.28	0.95	2.77
PEPPERS,HOT CHILI,GRN,RAW	1/2 cup, chopped or diced	7.10	3.83	1.13	5.97
PEPPERS,HOT CHILI,GRN,RAW	1 pepper	4.26	2.30	0.68	3.58
PEPPERS,HOT CHILI,RED,CND,EXCLUDING SEEDS,SOL&LIQUIDS	1/2 cup, chopped or diced	3.47	2.26	0.88	2.58
PEPPERS,HOT CHILI,RED,CND,EXCLUDING SEEDS,SOL&LIQUIDS	1 pepper	3.72	2.42	0.95	2.77
PEPPERS,HOT CHILI,RED,RAW	1/2 cup, chopped or diced	6.61	3.98	1.13	5.48
PEPPERS,HOT CHILI,RED,RAW	1 pepper	3.96	2.39	0.68	3.29
PEPPERS,HUNGARIAN,RAW	1 pepper	1.81	0.95	0.27	1.54
PEPPERS,JALAPENO,CND,SOL&LIQUIDS	1 cup, chopped	6.45	2.91	3.54	2.91
PEPPERS,JALAPENO,CND,SOL&LIQUIDS	1 cup, sliced	4.93	2.23	2.70	2.23
PEPPERS,JALAPENO,CND,SOL&LIQUIDS	1 pepper	1.04	0.47	0.57	0.47
PEPPERS,JALAPENO,RAW	1 cup, sliced	5.85	3.71	2.52	3.33
PEPPERS,JALAPENO,RAW	1 pepper	0.91	0.58	0.39	0.52
PEPPERS,PASILLA,DRIED	1 pepper	3.58	0.00	1.88	1.70
PEPPERS,SERRANO,RAW	1 cup, chopped	7.04	4.02	3.89	3.15
PEPPERS,SERRANO,RAW	1 pepper	0.41	0.23	0.23	0.18
PEPPERS,SWEET,YELLOW,RAW	1 pepper, large (3-3/4" long, 3" dia)	11.76	0.00	1.67	10.08
PEPPERS,SWEET,YELLOW,RAW	10 strips	3.29	0.00	0.47	2.82
PEPPERS,SWT,GRN,CKD,BLD,DRND,W/SALT	1/2 cup, chopped	5.62	2.93	1.10	4.52
PEPPERS,SWT,GRN,CKD,BLD,DRND,W/SALT	1 pepper	4.46	2.33	0.88	3.58
PEPPERS,SWT,GRN,CKD,BLD,DRND,W/SALT	1 tbsp	0.71	0.37	0.14	0.57
PEPPERS,SWT,GRN,CKD,BLD,DRND,WO/SALT	1 cup, chopped or strips	9.05	4.31	1.62	7.43
PEPPERS,SWT,GRN,CKD,BLD,DRND,WO/SALT	1 tablespoon, chopped	0.78	0.37	0.14	0.64
PEPPERS,SWT,GRN,CND,SOL&LIQUIDS	1 cup, halves	5.46	0.00	1.68	3.78
PEPPERS,SWT,GRN,FREEZE-DRIED	1/4 cup	1.10	0.62	0.34	0.76
PEPPERS,SWT,GRN,FREEZE-DRIED	1 tbsp	0.27	0.15	0.09	0.19

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
PEPPERS,SWT,GRN,FRZ,CHOPD,CKD,BLD,DRND,W/SALT	1 cup, chopped or strips	4.47	0.00	1.22	3.25
PEPPERS,SWT,GRN,FRZ,CHOPD,CKD,BLD,DRND,W/SALT	1 tablespoon, chopped	0.38	0.00	0.10	0.28
PEPPERS,SWT,GRN,FRZ,CHOPD,UNPREP	1/3 package (10 oz)	4.23	0.00	1.52	2.71
PEPPERS,SWT,GRN,FRZ,CHOPD,UNPREP	1 package (10 oz)	12.64	0.00	4.54	8.09
PEPPERS,SWT,GRN,RAW	1 cup, chopped	6.91	3.58	2.53	4.38
PEPPERS,SWT,GRN,RAW	1 cup, sliced	4.27	2.21	1.56	2.70
PEPPERS,SWT,GRN,RAW	1 large (2-1/4 per lb, approx 3-3/4" long, 3" dia)	7.61	3.94	2.79	4.82
PEPPERS,SWT,GRN,RAW	1 medium (approx 2-3/4" long, 2-1/2" dia)	5.52	2.86	2.02	3.50
PEPPERS,SWT,GRN,RAW	1 ring (3" dia, 1/4" thick)	0.46	0.24	0.17	0.29
PEPPERS,SWT,GRN,RAW	1 small	3.43	1.78	1.26	2.18
PEPPERS,SWT,GRN,RAW	1 tbsp	0.43	0.22	0.16	0.27
PEPPERS,SWT,GRN,RAW	10 strips	1.25	0.65	0.46	0.79
PEPPERS,SWT,GRN,SAUTEED	1 cup chopped	4.85	2.50	2.07	2.78
PEPPERS,SWT,RED,CKD,BLD,DRND,W/SALT	1/2 cup, chopped	5.62	4.04	1.10	4.52
PEPPERS,SWT,RED,CKD,BLD,DRND,W/SALT	1 pepper	4.46	3.20	0.88	3.58
PEPPERS,SWT,RED,CKD,BLD,DRND,W/SALT	1 tbsp	0.73	0.53	0.14	0.59
PEPPERS,SWT,RED,CKD,BLD,DRND,WO/SALT	1/2 cup, chopped	4.56	2.99	0.82	3.74
PEPPERS,SWT,RED,CKD,BLD,DRND,WO/SALT	1 cup, strips	9.05	5.93	1.62	7.43
PEPPERS,SWT,RED,CKD,BLD,DRND,WO/SALT	1 tbsp	0.78	0.51	0.14	0.64
PEPPERS,SWT,RED,CND,SOL&LIQUIDS	1/2 cup, halves	2.73	0.00	0.84	1.89
PEPPERS,SWT,RED,CND,SOL&LIQUIDS	1 cup, halves	5.46	0.00	1.68	3.78
PEPPERS,SWT,RED,FREEZE-DRIED	1/4 cup	1.10	0.65	0.34	0.76
PEPPERS,SWT,RED,FREEZE-DRIED	1 tbsp	0.27	0.16	0.09	0.19
PEPPERS,SWT,RED,FRZ,CHOPD,BLD,DRND,W/ SALT	1 cup, chopped or strips	4.47	3.86	1.08	3.39

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
PEPPERS,SWT,RED,FRZ,CHOPD,BLD,DRND,W/ SALT	1 tablespoon, chopped	0.38	0.33	0.09	0.29
PEPPERS,SWT,RED,FRZ,CHOPD,BLD,DRND,WO/ SALT	1 cup, chopped or strips	4.47	3.86	1.08	3.39
PEPPERS,SWT,RED,FRZ,CHOPD,BLD,DRND,WO/ SALT	1 tablespoon, chopped	0.38	0.33	0.09	0.29
PEPPERS,SWT,RED,FRZ,CHOPD,UNPREP	1/3 package (10 oz)	4.23	3.10	1.52	2.71
PEPPERS,SWT,RED,FRZ,CHOPD,UNPREP	1 package (10 oz)	12.64	9.26	4.54	8.09
PEPPERS,SWT,RED,RAW	1 cup, chopped	8.98	6.26	3.13	5.86
PEPPERS,SWT,RED,RAW	1 cup, sliced	5.55	3.86	1.93	3.62
PEPPERS,SWT,RED,RAW	1 large (2-1/4 per pound, approx 3-3/4" long, 3" dia.)	9.89	6.89	3.44	6.45
PEPPERS,SWT,RED,RAW	1 medium (approx 2- 3/4" long, 2- 1/2 dia.)	7.18	5.00	2.50	4.68
PEPPERS,SWT,RED,RAW	1 ring (3" dia., 1/4" thick)	0.60	0.42	0.21	0.39
PEPPERS,SWT,RED,RAW	1 small	4.46	3.11	1.55	2.91
PEPPERS,SWT,RED,RAW	1 tablespoon	0.56	0.39	0.20	0.37
PEPPERS,SWT,RED,SAUTEED	1 cup chopped	6.96	4.54	1.91	5.06
PICKLE RELISH,HAMBURGER	1/2 cup	42.07	0.00	3.90	38.16
PICKLE RELISH,HAMBURGER	1 tbsp	5.17	0.00	0.48	4.69
PICKLE RELISH,HOT DOG	1/2 cup	28.49	0.00	1.83	26.66
PICKLE RELISH,HOT DOG	1 tbsp	3.50	0.00	0.23	3.28
PICKLE RELISH,SWEET	1 cup	85.90	71.37	2.70	83.20
PICKLE RELISH,SWEET	1 packet (2/3 tbsp)	3.51	2.91	0.11	3.40
PICKLE RELISH,SWEET	1 tbsp	5.26	4.37	0.17	5.09
PICKLES,CHOWCHOW,W/CAULIFLOWER ONION MUSTARD,SWT	1 cup	65.27	58.51	3.68	61.59
PICKLES,CUCUMBER,DILL OR KOSHER DILL	1 cup (about 23 slices)	3.74	1.66	1.55	2.19
PICKLES,CUCUMBER,DILL OR KOSHER DILL	1 cup, chopped or diced	3.45	1.53	1.43	2.02

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
PICKLES,CUCUMBER,DILL OR KOSHER DILL	1 large (4" long)	3.25	1.44	1.35	1.90
PICKLES,CUCUMBER,DILL OR KOSHER DILL	1 slice	0.17	0.07	0.07	0.10
PICKLES,CUCUMBER,DILL OR KOSHER DILL	1 spear, small	0.84	0.37	0.35	0.49
PICKLES,CUCUMBER,DILL,RED NA	1 cup, (about 23 slices)	3.74	1.66	1.55	2.19
PICKLES,CUCUMBER,DILL,RED NA	1 cup, chopped or diced	3.45	1.53	1.43	2.02
PICKLES,CUCUMBER,DILL,RED NA	1 large (4" long)	3.25	1.44	1.35	1.90
PICKLES,CUCUMBER,DILL,RED NA	1 slice	0.17	0.07	0.07	0.10
PICKLES,CUCUMBER,DILL,RED NA	1 spear, small	0.84	0.37	0.35	0.49
PICKLES,CUCUMBER,SOUR	1 cup	3.50	1.64	1.86	1.64
PICKLES,CUCUMBER,SOUR	1 large (4" long)	3.05	1.43	1.62	1.43
PICKLES,CUCUMBER,SOUR	1 medium (3-3/4" long)	1.47	0.69	0.78	0.69
PICKLES,CUCUMBER,SOUR	1 slice	0.16	0.07	0.08	0.07
PICKLES,CUCUMBER,SOUR	1 small	0.84	0.39	0.44	0.39
PICKLES,CUCUMBER,SOUR	1 spear	0.68	0.32	0.36	0.32
PICKLES,CUCUMBER,SOUR,LO NA	1 cup (about 23 slices)	3.50	1.64	1.86	1.64
PICKLES,CUCUMBER,SOUR,LO NA	1 cup, chopped or diced	3.23	1.52	1.72	1.52
PICKLES,CUCUMBER,SOUR,LO NA	1 large (4" long)	3.05	1.43	1.62	1.43
PICKLES,CUCUMBER,SOUR,LO NA	1 medium (3-3/4" long)	1.47	0.69	0.78	0.69
PICKLES,CUCUMBER,SOUR,LO NA	1 slice	0.14	0.06	0.07	0.06
PICKLES,CUCUMBER,SOUR,LO NA	1 small	0.84	0.39	0.44	0.39
PICKLES,CUCUMBER,SOUR,LO NA	1 spear	0.68	0.32	0.36	0.32
PICKLES,CUCUMBER,SWT (INCLUDES BREAD & BUTTER PICKLES)	1 chip	1.59	1.37	0.08	1.51
PICKLES,CUCUMBER,SWT (INCLUDES BREAD & BUTTER PICKLES)	1 cup sliced or chips	32.36	27.95	1.53	30.83
PICKLES,CUCUMBER,SWT (INCLUDES BREAD & BUTTER PICKLES)	1 cup, chopped	33.84	29.23	1.60	32.24
PICKLES,CUCUMBER,SWT (INCLUDES BREAD & BUTTER PICKLES)	1 Gherkin (2-3/4" long)	5.29	4.57	0.25	5.04

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
PICKLES,CUCUMBER,SWT (INCLUDES BREAD & BUTTER PICKLES)	1 large Gherkin (3" long)	7.40	6.39	0.35	7.05
PICKLES,CUCUMBER,SWT (INCLUDES BREAD & BUTTER PICKLES)	1 midget Gherkin (2- 1/8" long)	1.27	1.10	0.06	1.21
PICKLES,CUCUMBER,SWT (INCLUDES BREAD & BUTTER PICKLES)	1 small Gherkin (2-1/2" long)	3.17	2.74	0.15	3.02
PICKLES,CUCUMBER,SWT (INCLUDES BREAD & BUTTER PICKLES)	1 spear Gherkin	4.23	3.65	0.20	4.03
PICKLES,CUCUMBER,SWT,LO NA (INCLUDES BREAD & BUTTER PICKLES)	1 cup, chopped or diced	53.97	42.69	1.76	52.21
PICKLES,CUCUMBER,SWT,LO NA (INCLUDES BREAD & BUTTER PICKLES)	1 cup, sliced	57.34	45.36	1.87	55.47
PICKLES,CUCUMBER,SWT,LO NA (INCLUDES BREAD & BUTTER PICKLES)	1 large	11.81	9.34	0.39	11.42
PICKLES,CUCUMBER,SWT,LO NA (INCLUDES BREAD & BUTTER PICKLES)	1 medium	11.81	9.34	0.39	11.42
PICKLES,CUCUMBER,SWT,LO NA (INCLUDES BREAD & BUTTER PICKLES)	1 slice	2.02	1.60	0.07	1.96
PICKLES,CUCUMBER,SWT,LO NA (INCLUDES BREAD & BUTTER PICKLES)	1 small	5.06	4.00	0.17	4.89
PIGEONPEAS,IMMAT SEEDS,CKD,BLD,DRND,W/SALT	1 cup	29.82	3.79	9.49	20.33
PIGEONPEAS,IMMAT SEEDS,CKD,BLD,DRND,WO/SALT	1 cup	29.82	3.79	9.49	20.33
PIGEONPEAS,IMMAT SEEDS,RAW	1 cup	36.78	4.62	7.85	28.92
PIGEONPEAS,IMMAT SEEDS,RAW	10 seeds	0.96	0.12	0.20	0.75
PIMENTO,CANNED	1 cup	9.79	5.20	3.65	6.14
PIMENTO,CANNED	1 pimiento, whole	3.37	1.79	1.25	2.11
PIMENTO,CANNED	1 slice	0.05	0.03	0.02	0.03
PIMENTO,CANNED	1 tbsp	0.61	0.33	0.23	0.38
POI	1 cup	65.35	0.94	0.96	64.39
POKEBERRY SHOOTS,(POKE),CKD,BLD,DRND,W/SALT	1 cup	5.12	2.64	2.48	2.64
POKEBERRY SHOOTS,(POKE),CKD,BLD,DRND,WO/SALT	1 cup	5.12	2.64	2.48	2.64
POKEBERRY SHOOTS,(POKE),CKD,BLD,DRND,WO/SALT	1 tbsp	0.31	0.16	0.15	0.16
POKEBERRY SHOOTS,(POKE),RAW	1 cup	5.92	0.00	2.72	3.20
POTATO FLOUR	1 cup	132.96	5.63	9.44	123.52
POTATO PANCAKES	1 medium 3-1/4 in. x 3-5/8 in., 5/8 in. thick.	10.29	0.66	1.22	9.07

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
POTATO PANCAKES	1 small 2-3/4 in. dia., 5/8 in. thick.	6.12	0.39	0.73	5.39
POTATO PUFFS,FRZ,OVEN-HEATED	1 cup	34.93	0.35	2.56	32.37
POTATO PUFFS,FRZ,OVEN-HEATED	1 puff	1.91	0.02	0.14	1.77
POTATO PUFFS,FRZ,OVEN-HEATED	10 Crispy Crowns	16.37	0.16	1.20	15.17
POTATO PUFFS,FRZ,OVEN-HEATED	10 puffs	21.56	0.21	1.58	19.98
POTATO PUFFS,FRZ,UNPREP	1 cup	29.76	0.34	2.76	27.00
POTATO PUFFS,FRZ,UNPREP	10 pieces	22.57	0.25	2.09	20.48
POTATO SALAD,HOME-PREPARED	1 cup	27.93	0.00	3.25	24.68
POTATO\,YEL FLSH,HASH BRN,SHRD,SALT ADDED IN PROC,FRZ,UNPREP	3 oz	15.28	0.20	1.70	13.58
POTATOES,AU GRATIN,DRY MIX,PREP W/H2O,WHL MILK&BUTTER	1/6 package (5.5 oz) yields	17.59	0.00	1.23	16.36
POTATOES,AU GRATIN,DRY MIX,PREP W/H2O,WHL MILK&BUTTER	1 package yield, 5.5 oz	105.54	0.00	7.40	98.15
POTATOES,AU GRATIN,DRY MIX,UNPREP	1/6 package (5.5 oz)	19.32	0.00	1.07	18.25
POTATOES,AU GRATIN,DRY MIX,UNPREP	1 package (5.5 oz)	115.92	0.00	6.40	109.53
POTATOES,AU GRATIN,HOME-PREPARED FROM RECIPE USING BUTTER	1 cup	27.61	0.00	4.41	23.20
POTATOES,AU GRATIN,HOME-PREPARED FROM RECIPE USING MARGARINE	1 cup	27.61	0.00	4.41	23.20
POTATOES,BKD,FLESH & SKN,W/ SALT	1/2 cup	12.90	0.72	1.34	11.56
POTATOES,BKD,FLESH & SKN,W/ SALT	1 NLEA serving	31.30	1.75	3.26	28.05
POTATOES,BKD,FLESH & SKN,W/ SALT	1 potato large (3" to 4-1/4" dia)	63.24	3.53	6.58	56.66
POTATOES,BKD,FLESH & SKN,W/ SALT	1 potato medium (2-1/4" to 3-1/4" dia)	36.59	2.04	3.81	32.78
POTATOES,BKD,FLESH & SKN,W/ SALT	1 potato small (1-3/4" to 2-1/2" dia)	29.19	1.63	3.04	26.15
POTATOES,BKD,FLESH & SKN,WO/ SALT	1 NLEA serving	31.30	1.75	3.26	28.05
POTATOES,BKD,FLESH & SKN,WO/ SALT	1 potato large	63.24	3.53	6.58	56.66
POTATOES,BKD,FLESH & SKN,WO/ SALT	1 potato medium	36.59	2.04	3.81	32.78
POTATOES,BKD,FLESH & SKN,WO/ SALT	1 potato small	29.19	1.63	3.04	26.15
POTATOES,BKD,FLESH,W/SALT	1/2 cup	13.15	1.04	0.92	12.23

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
POTATOES,BKD,FLESH,W/SALT	1 potato (2-1/3" x 4-3/4")	33.62	2.65	2.34	31.28
POTATOES,BKD,FLESH,WO/SALT	1/2 cup	13.15	1.04	0.92	12.23
POTATOES,BKD,FLESH,WO/SALT	1 potato (2-1/3" x 4-3/4")	33.62	2.65	2.34	31.28
POTATOES,BKD,SKN,W/ SALT	1 skin	26.71	0.81	4.58	22.13
POTATOES,BKD,SKN,WO/SALT	1 skin	26.71	0.81	4.58	22.13
POTATOES,BLD,CKD IN SKN,FLESH,W/SALT	1/2 cup	15.70	0.68	1.56	14.14
POTATOES,BLD,CKD IN SKN,FLESH,W/SALT	1 potato (2-1/2" dia, sphere)	27.38	1.18	2.72	24.66
POTATOES,BLD,CKD IN SKN,FLESH,WO/SALT	1/2 cup	15.70	0.68	1.40	14.30
POTATOES,BLD,CKD IN SKN,FLESH,WO/SALT	1 potato (2-1/2" dia, sphere)	27.38	1.18	2.45	24.93
POTATOES,BLD,CKD IN SKN,SKN,W/SALT	1 skin	5.85	0.00	1.12	4.73
POTATOES,BLD,CKD IN SKN,SKN,WO/SALT	1 skin	5.85	0.00	1.12	4.73
POTATOES,BLD,CKD WO/ SKN,FLESH,W/ SALT	1/2 cup	15.61	0.66	1.56	14.05
POTATOES,BLD,CKD WO/ SKN,FLESH,W/ SALT	1 large (3" to 4-1/4" dia.)	60.03	2.55	6.00	54.03
POTATOES,BLD,CKD WO/ SKN,FLESH,W/ SALT	1 medium (2-1/4" to 2-1/4" dia.)	33.42	1.42	3.34	30.08
POTATOES,BLD,CKD WO/ SKN,FLESH,W/ SALT	1 small (1-3/4" to 2-1/2" dia.)	25.01	1.06	2.50	22.51
POTATOES,BLD,CKD WO/ SKN,FLESH,WO/ SALT	1/2 cup	15.61	0.66	1.40	14.20
POTATOES,BLD,CKD WO/ SKN,FLESH,WO/ SALT	1 large (3" to 4-1/4" dia.)	60.03	2.55	5.40	54.63
POTATOES,BLD,CKD WO/ SKN,FLESH,WO/ SALT	1 medium (2-1/4" to 3-1/4" dia.)	33.42	1.42	3.01	30.41
POTATOES,BLD,CKD WO/ SKN,FLESH,WO/ SALT	1 small (1-3/4" to 2-1/2" dia.)	25.01	1.06	2.25	22.76
POTATOES,CND,DRND SOL	1 cup	24.50	0.00	4.14	20.36
POTATOES,CND,DRND SOL	1 potato	4.76	0.00	0.81	3.96
POTATOES,CND,DRND SOL,NO SALT	1 cup	24.48	1.06	4.32	20.16
POTATOES,CND,SOL&LIQUIDS	1 can (303 x 406)	44.90	0.00	6.36	38.54
POTATOES,CND,SOL&LIQUIDS	1 cup, whole	29.67	0.00	4.20	25.47

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
POTATOES,FLESH & SKN,RAW	1/2 cup, diced	13.10	0.59	1.65	11.45
POTATOES,FLESH & SKN,RAW	1 Potato large (3" to 4-1/4" dia)	64.46	2.88	8.12	56.35
POTATOES,FLESH & SKN,RAW	1 Potato medium (2- 1/4" to 3-1/4" dia)	37.21	1.66	4.69	32.53
POTATOES,FLESH & SKN,RAW	1 Potato small (1-3/4" to 2- 1/2" dia)	29.70	1.33	3.74	25.96
POTATOES,FR FR,ALL TYPES,SALT NOT ADDED IN PROC,FRZ,AS PURCH	1 package (9 oz)	63.27	0.51	4.85	58.42
POTATOES,FR FR,ALL TYPES,SALT NOT ADDED IN PROC,FRZ,AS PURCH	10 strips	16.13	0.13	1.24	14.89
POTATOES,FR FR,ALL TYPES,SALT NOT ADDED IN PROC,FRZ,OVN-HTD	10 strip	21.25	0.21	1.92	19.32
POTATOES,FR FR,CRNKL OR REG,SALT ADDED IN PROC,FRZ,AS PURCH	3 oz	20.37	0.18	1.70	18.67
POTATOES,FR FR,CRNKL OR REG,SALT ADDED IN PROC,FRZ,AS PURCH	10 strip	19.65	0.17	1.64	18.01
POTATOES,FR FR,CRNKL/REG CUT,SALT ADDED IN PROC,FRZ,OVN-HTD	10 strip	18.98	0.20	1.59	17.39
POTATOES,FRENCH FR,ALL TYPES,SALT ADDED IN PROC,FRZ,OVN HTD	1 package (9 oz), yields	50.59	0.73	3.96	46.63
POTATOES,FRENCH FR,ALL TYPES,SALT ADDED IN PROC,FRZ,OVN HTD	10 fries	19.42	0.28	1.52	17.90
POTATOES,FRENCH FR,ALL TYPES,SALT ADDED IN PROC,FRZ,UNPREP	1 package (9 oz)	63.27	0.51	4.85	58.42
POTATOES,FRENCH FR,ALL TYPES,SALT ADDED IN PROC,FRZ,UNPREP	10 strip	22.08	0.18	1.69	20.39
POTATOES,FRENCH FR,COTTAGE-CUT,SALT NOT ADDED,FRZ,OVN-HTD	1 package (9 oz), yields	67.38	0.00	6.34	61.04
POTATOES,FRENCH FR,COTTAGE-CUT,SALT NOT ADDED,FRZ,OVN-HTD	10 strips	17.02	0.00	1.60	15.42
POTATOES,FRENCH FR,CROSS CUT,FRZ,UNPREP	3 oz	19.51	0.42	1.96	17.55
POTATOES,FRENCH FR,SHOESTRING,SALT ADDED IN PROC,FRZ,AS PRCH	10 strip	7.68	0.06	0.69	6.99
POTATOES,FRENCH FR,SHOESTRNG,SALT ADDED IN PROC,FRZ,OVN-HTD	10 strip	6.65	0.07	0.59	6.06
POTATOES,FRENCH FR,STK CUT,SALT NOT ADDED IN PROC,FRZ,UNPREP	3 oz	20.66	0.18	2.04	18.62

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
POTATOES,FRENCH FR,STK FRIES,SALT ADDED IN PROC,FRZ,AS PRCH	10 strip	35.97	0.31	2.91	33.06
POTATOES,FRENCH FR,STK FRIES,SALT ADDED IN PROC,FRZ,OVEN-HTD	10 strip	35.88	0.33	3.46	32.43
POTATOES,FRENCH FR,WEDGE CUT,FRZ,UNPREP	3 oz	18.89	0.29	2.04	16.85
POTATOES,FRNCH FR,CTTG-CUT,SALT NOT ADDED,FRZ,AS PRCH	1 package (9 oz)	61.15	0.00	7.65	53.50
POTATOES,FRNCH FR,CTTG-CUT,SALT NOT ADDED,FRZ,AS PRCH	10 strips	15.59	0.00	1.95	13.64
POTATOES,FRZ,FRCH FR,PAR FR,CTTGE-CUT,PREP,HTD OVEN,W/SALT	1 package (9 oz) yields	67.38	0.00	6.34	61.04
POTATOES,FRZ,FRCH FR,PAR FR,CTTGE-CUT,PREP,HTD OVEN,W/SALT	10 strips	17.02	0.00	1.60	15.42
POTATOES,FRZ,FRCH FR,PAR FR,EXTRUDED,PREP,HTD OVEN,WO/SALT	1 package (9 oz), yields	78.57	0.00	6.34	72.23
POTATOES,FRZ,FRCH FR,PAR FR,EXTRUDED,PREP,HTD OVEN,WO/SALT	10 strips	19.84	0.00	1.60	18.24
POTATOES,FRZ,FRENCH FR,PAR FR,EXTRUDED,UNPREP	1 package (9 oz)	76.88	0.00	11.48	65.41
POTATOES,FRZ,FRENCH FR,PAR FR,EXTRUDED,UNPREP	10 strips	19.60	0.00	2.93	16.67
POTATOES,FRZ,WHL,UNPREP	1 cup	31.80	1.42	2.18	29.61
POTATOES,HASH BROWN,FRZ,PLN,PREP,PAN FRIED IN CANOLA OIL	1 cup prepared	42.77	0.41	4.80	37.97
POTATOES,HASH BROWN,FRZ,PLN,PREP,PAN FRIED IN CANOLA OIL	1 package yield, 12 oz	58.45	0.55	6.56	51.89
POTATOES,HASH BROWN,FRZ,PLN,PREP,PAN FRIED IN CANOLA OIL	1 patty, oval (approx 3" x 1-1/2" x 1/2")	8.27	0.08	0.93	7.34
POTATOES,HASH BROWN,FRZ,PLN,UNPREP	1/2 cup	18.61	0.00	1.47	17.14
POTATOES,HASH BROWN,FRZ,PLN,UNPREP	1 package (12 oz)	60.25	0.00	4.76	55.49
POTATOES,HASH BROWN,FRZ,W/ BUTTER SAU,UNPREP	1 package (6 oz)	31.08	0.00	4.93	26.15
POTATOES,HASH BROWN,HOME-PREPARED	1 cup	54.77	2.32	4.99	49.78
POTATOES,HASH BROWN,REFR,PREP,PAN-FRIED IN CANOLA OIL	1 cup prepared	44.19	1.51	4.68	39.51
POTATOES,HASH BROWN,REFR,UNPREP	1 cup unprepared	30.46	1.45	2.86	27.60
POTATOES,MICROWAVED,CKD IN SKN,FLESH&SKN,WO/SALT	1 potato (2-3/4" dia by 4-3/4" long)	48.96	0.00	4.65	44.32
POTATOES,MICROWAVED,CKD IN SKN,FLESH,W/SALT	1/2 cup	18.16	0.00	1.25	16.91

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
POTATOES,MICROWAVED,CKD IN SKN,FLESH,W/SALT	1 potato (2-1/3" x 4-3/4")	36.32	0.00	2.50	33.82
POTATOES,MICROWAVED,CKD IN SKN,FLESH,WO/SALT	1/2 cup	18.16	0.00	1.25	16.91
POTATOES,MICROWAVED,CKD IN SKN,FLESH,WO/SALT	1 potato (2-1/3" x 4-3/4")	36.32	0.00	2.50	33.82
POTATOES,MICROWAVED,CKD IN SKN,SKN,WO/SALT	1 skin	17.19	0.00	3.19	14.00
POTATOES,MICROWAVED,CKD,IN SKN,FLESH&SKN,W/SALT	1 potato (2-1/3" x 4-3/4")	48.96	0.00	4.65	44.32
POTATOES,MICROWAVED,CKD,IN SKN,SKN W/SALT	1 skin	17.19	0.00	3.19	14.00
POTATOES,MSHD,DEHYD,FLAKES WO/MILK,DRY FORM	1 cup	48.70	2.02	3.96	44.74
POTATOES,MSHD,DEHYD,GRANULES W/MILK,DRY FORM	1 cup	155.40	6.74	13.20	142.20
POTATOES,MSHD,DEHYD,GRANULES WO/MILK,DRY FORM	1 cup	171.02	6.94	14.20	156.82
POTATOES,MSHD,DEHYD,PREP FR GRNLS WO/MILK,WHL MILK&BUTTER	1 cup	30.16	0.00	4.62	25.54
POTATOES,MSHD,DEHYD,PREP FRM FLKS WO/ MILK,WHL MILK&MARG ADD	1 cup	31.54	0.00	4.83	26.71
POTATOES,MSHD,DEHYD,PREP FROM FLAKES WO/ MILK,WHL MILK & BUT	1 cup	22.83	3.38	1.68	21.15
POTATOES,MSHD,DEHYD,PREP FROM GRAN W/ MILK,H2O & MARG ADDED	1 cup	33.87	3.65	2.73	31.14
POTATOES,MSHD,HOME-PREPARED,WHL MILK & BUTTER ADDED	1 cup	35.30	3.00	3.15	32.15
POTATOES,MSHD,HOME-PREPARED,WHL MILK & MARGARINE ADDED	1 cup	35.57	2.96	3.15	32.42
POTATOES,MSHD,HOME-PREPARED,WHL MILK ADDED	1 cup	36.90	3.11	3.15	33.75
POTATOES,MSHD,PREP FROM GRANULES,WO/MILK,WHL MILK&MARGARINE	1 cup	30.24	0.00	4.62	25.62
POTATOES,O'BRIEN,HOME-PREPARED	1 cup	30.01	0.00	0.00	30.01
POTATOES,O'BRIEN,HOME-PREPARED	1 recipe yield	179.76	0.00	0.00	179.76
POTATOES,RAW,SKIN	1 skin	4.73	0.00	0.95	3.78
POTATOES,RED,FLESH & SKN,BKD	1 potato large (3" to 4-1/4" dia.	58.57	4.28	5.38	53.19
POTATOES,RED,FLESH & SKN,BKD	1 potato medium (2-1/4" to 3-1/4" dia.)	33.89	2.47	3.11	30.78

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
POTATOES,RED,FLESH & SKN,BKD	1 potato small (1-3/4" to 2-1/2" dia.)	27.03	1.97	2.48	24.55
POTATOES,RED,FLESH & SKN,RAW	1/2 cup, diced	11.93	0.97	1.28	10.65
POTATOES,RED,FLESH & SKN,RAW	1 potato large (3" to 4-1/4" dia)	58.67	4.76	6.27	52.40
POTATOES,RED,FLESH & SKN,RAW	1 potato medium (2-1/4" to 3-1/4" dia)	33.87	2.75	3.62	30.25
POTATOES,RED,FLESH & SKN,RAW	1 potato small (1-3/4" to 2-1/4" dia)	27.03	2.19	2.89	24.14
POTATOES,RSTD,SALT ADDED IN PROCESSING,FRZ,UNPREP	3 oz	22.23	0.59	2.21	20.02
POTATOES,RUSSET,FLESH & SKN,BKD	1 potato large (3" to 4-1/4" dia.	64.11	3.23	6.88	57.23
POTATOES,RUSSET,FLESH & SKN,BKD	1 potato medium (2-1/4" to 3-1/4" dia.)	37.09	1.87	3.98	33.11
POTATOES,RUSSET,FLESH & SKN,BKD	1 potato small (1-3/4" to 2-1/2" dia.)	29.59	1.49	3.17	26.41
POTATOES,RUSSET,FLESH & SKN,RAW	1/2 cup, diced	13.55	0.47	0.98	12.58
POTATOES,RUSSET,FLESH & SKN,RAW	1 potato large (3" to 4-1/4" dia)	66.68	2.29	4.80	61.88
POTATOES,RUSSET,FLESH & SKN,RAW	1 Potato medium (2-1/4" to 3-1/4" dia)	38.49	1.32	2.77	35.72
POTATOES,RUSSET,FLESH & SKN,RAW	1 Potato small (1-3/4" to 2-1/4" dia)	30.72	1.05	2.21	28.51
POTATOES,SCALLPD,DRY MIX,PREP W/H2O,WHL MILK&BUTTER	1/6 package (5.5 oz) yields	17.49	0.00	1.51	15.99
POTATOES,SCALLPD,DRY MIX,PREP W/H2O,WHL MILK&BUTTER	1 cup (unprepared)	31.29	0.00	2.70	28.59

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
POTATOES,SCALLPD,DRY MIX,PREP W/H2O,WHL MILK&BUTTER	1 package yield, 5.5 oz	104.97	0.00	9.04	95.93
POTATOES,SCALLPD,DRY MIX,UNPREP	1/6 package (5.5 oz)	19.22	0.00	2.24	16.99
POTATOES,SCALLPD,DRY MIX,UNPREP	1 package (5.5 oz)	115.33	0.00	13.42	101.91
POTATOES,SCALLPD,HOME-PREPARED W/BUTTER	1 cup	26.41	0.00	4.66	21.76
POTATOES,SCALLPD,HOME-PREPARED W/MARGARINE	1 cup	26.41	0.00	4.66	21.76
POTATOES,WHITE,FLESH & SKN,BKD	1 potato large (3" to 4-1/4" dia)	63.03	4.57	6.28	56.75
POTATOES,WHITE,FLESH & SKN,BKD	1 potato medium (2-1/4" to 3-1/4" dia)	36.47	2.65	3.63	32.84
POTATOES,WHITE,FLESH & SKN,BKD	1 potato small (1-3/4" to 2-1/2" dia)	29.09	2.11	2.90	26.19
POTATOES,WHITE,FLESH & SKN,RAW	1/2 cup, diced	11.78	0.86	1.80	9.98
POTATOES,WHITE,FLESH & SKN,RAW	1 large (3" to 4-1/4" dia.)	57.97	4.24	8.86	49.11
POTATOES,WHITE,FLESH & SKN,RAW	1 medium (2+-1/4" to 3-1/4" dia.)	33.46	2.45	5.11	28.35
POTATOES,WHITE,FLESH & SKN,RAW	1 small (1-3/4" to 2-1/4" dia.)	14.45	1.06	2.21	12.25
POTATOES,YEL FLESHED,FRENCH FR,FRZ,UNPREP	3 oz	21.26	0.31	1.87	19.39
POTATOES,YEL FLESHED,RSTD,SALT ADDED IN PROC,FRZ,UNPREP	3 oz	19.92	0.26	2.21	17.71
PUMPKIN FLOWERS,CKD,BLD,DRND,WO/SALT	1 cup	4.42	3.22	1.21	3.22
PUMPKIN FLOWERS,RAW	1 cup	1.08	0.00	0.00	1.08
PUMPKIN FLOWERS,RAW	1 flower	0.07	0.00	0.00	0.07
PUMPKIN LEAVES,CKD,BLD,DRND,W/ SALT	1 cup	2.41	0.49	1.92	0.49
PUMPKIN LEAVES,CKD,BLD,DRND,WO/SALT	1 cup	2.41	0.49	1.92	0.49
PUMPKIN LEAVES,RAW	1 cup	0.91	0.00	0.00	0.91
PUMPKIN PIE MIX,CANNED	1 cup	71.25	0.00	22.41	48.84
PUMPKIN,CANNED,WITH SALT	1 cup	19.82	8.09	7.11	12.72
PUMPKIN,CKD,BLD,DRND,W/SALT	1 cup, mashed	10.56	5.10	2.70	7.86
PUMPKIN,CKD,BLD,DRND,WO/SALT	1 cup, mashed	12.01	5.10	2.70	9.31
PUMPKIN,CND,WO/SALT	1 cup	19.82	8.09	7.11	12.72
PUMPKIN,FLOWERS,CKD,BLD,DRND,W/SALT	1 cup	4.26	3.22	1.21	3.06

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
PUMPKIN,RAW	1 cup (1" cubes)	7.54	3.20	0.58	6.96
PURSLANE,CKD,BLD,DRND,W/SALT	1 cup	4.08	0.00	0.00	4.08
PURSLANE,CKD,BLD,DRND,WO/SALT	1 cup	4.08	0.00	0.00	4.08
PURSLANE,CKD,BLD,DRND,WO/SALT	1 squash	15.30	0.00	0.00	15.30
PURSLANE,RAW	1 cup	1.46	0.00	0.00	1.46
PURSLANE,RAW	1 plant	0.10	0.00	0.00	0.10
RADICCHIO,RAW	1 cup, shredded	1.79	0.24	0.36	1.43
RADICCHIO,RAW	1 leaf	0.36	0.05	0.07	0.29
RADISH SEEDS,SPROUTED,RAW	1 cup	1.37	0.00	0.00	1.37
RADISHES,HAWAIIAN STYLE,PICKLED	1 cup	7.80	3.00	3.30	4.50
RADISHES,ORIENTAL,CKD,BLD,DRND,W/SALT	1 cup slices	5.04	2.69	2.35	2.69
RADISHES,ORIENTAL,CKD,BLD,DRND,WO/SALT	1 cup, sliced	5.04	2.69	2.35	2.69
RADISHES,ORIENTAL,DRIED	1 cup	73.51	43.29	27.72	45.79
RADISHES,ORIENTAL,RAW	1 cup slices	4.76	2.90	1.86	2.90
RADISHES,ORIENTAL,RAW	1 radish (7" long)	13.86	8.45	5.41	8.45
RADISHES,RAW	1/2 cup slices	1.97	1.08	0.93	1.04
RADISHES,RAW	1 cup slices	3.94	2.16	1.86	2.09
RADISHES,RAW	1 large (1" to 1-1/4" dia)	0.31	0.17	0.14	0.16
RADISHES,RAW	1 medium (3/4" to 1" dia)	0.15	0.08	0.07	0.08
RADISHES,RAW	1 slice	0.03	0.02	0.02	0.02
RADISHES,RAW	1 small	0.07	0.04	0.03	0.04
RADISHES,WHITE ICICLE,RAW	1/2 cup slices	1.32	0.00	0.70	0.62
RADISHES,WHITE ICICLE,RAW	1 radish (7" long)	0.45	0.00	0.24	0.21
RUTABAGAS,CKD,BLD,DRND,W/SALT	1/2 cup, mashed	8.21	4.74	2.16	6.05
RUTABAGAS,CKD,BLD,DRND,WO/SALT	1 cup, cubes	11.63	6.72	3.06	8.57
RUTABAGAS,CKD,BLD,DRND,WO/SALT	1 cup, mashed	16.42	9.48	4.32	12.10
RUTABAGAS,RAW	1 cup, cubes	12.07	6.24	3.22	8.85
RUTABAGAS,RAW	1 large	66.55	34.43	17.76	48.79
RUTABAGAS,RAW	1 medium	33.27	17.22	8.88	24.40
RUTABAGAS,RAW	1 small	16.55	8.56	4.42	12.13
SALSIFY,(VEG OYSTER),RAW	1 cup slices	24.74	0.00	4.39	20.35
SALSIFY,CKD,BLD,DRND,W/SALT	1 cup slices	20.74	3.92	4.19	16.55
SALSIFY,CKD,BLD,DRND,WO/SALT	1 cup, sliced	20.74	3.92	4.19	16.55
SAUERKRAUT,CND,LO NA	1 cup	6.18	2.53	3.55	2.63
SAUERKRAUT,CND,SOL&LIQUIDS	1 cup	6.08	2.53	4.12	1.96

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
SAUERKRAUT,CND,SOL&LIQUIDS	1 cup, undrained	10.10	4.20	6.84	3.26
SEAWEED,AGAR,RAW	2 tbsp (1/8 cup)	0.68	0.03	0.05	0.63
SEAWEED,CANADIAN CULTIVATED EMI-TSUNOMATA,DRY	1/4 cup	2.31	0.00	1.84	0.48
SEAWEED,CANADIAN CULTIVATED EMI-TSUNOMATA,REHYDRATED	1/4 cup	1.41	0.00	1.13	0.28
SEAWEED,IRISHMOSS,RAW	2 tbsp (1/8 cup)	1.23	0.06	0.13	1.10
SEAWEED,KELP,RAW	2 tbsp (1/8 cup)	0.96	0.06	0.13	0.83
SEAWEED,LAVER,RAW	2 tbsp (1/8 cup)	0.51	0.05	0.03	0.48
SEAWEED,LAVER,RAW	10 sheets	1.33	0.13	0.08	1.25
SEAWEED,SPIRULINA,DRIED	1 cup	26.77	3.47	4.03	22.74
SEAWEED,SPIRULINA,DRIED	1 tablespoon	1.67	0.22	0.25	1.42
SEAWEED,WAKAME,RAW	2 tbsp (1/8 cup)	0.91	0.07	0.05	0.86
SESBANIA FLOWER,CKD,STMD,W/SALT	1 cup	5.30	0.00	0.00	5.30
SESBANIA FLOWER,CKD,STMD,WO/SALT	1 cup	5.44	0.00	0.00	5.44
SESBANIA FLOWER,RAW	1 cup flowers	1.35	0.00	0.00	1.35
SESBANIA FLOWER,RAW	1 flower	0.20	0.00	0.00	0.20
SHALLOTS,FREEZE-DRIED	1/4 cup	2.91	1.37	0.57	2.34
SHALLOTS,FREEZE-DRIED	1 tbsp	0.73	0.34	0.14	0.59
SHALLOTS,RAW	1 tbsp chopped	1.68	0.79	0.32	1.36
SOYBEANS,GREEN,RAW	1 cup	28.29	0.00	10.75	17.54
SOYBEANS,GRN,CKD,BLD,DRND,W/SALT	1 cup	19.89	0.00	7.56	12.33
SOYBEANS,GRN,CKD,BLD,DRND,WO/SALT	1 cup	19.89	0.00	7.56	12.33
SOYBEANS,MATURE SEEDS,SPROUTED,CKD,STMD	1 cup	6.14	0.49	0.75	5.39
SOYBEANS,MATURE SEEDS,SPROUTED,CKD,STMD,W/SALT	1 cup	6.14	0.40	0.75	5.39
SOYBEANS,MATURE SEEDS,SPROUTED,RAW	1/2 cup	3.35	0.00	0.39	2.96
SOYBEANS,MATURE SEEDS,SPROUTED,RAW	10 sprouts	0.96	0.00	0.11	0.85
SPINACH SOUFFLE	1 cup	8.02	2.52	0.95	7.07
SPINACH SOUFFLE	1 recipe yield	47.97	15.04	5.69	42.28
SPINACH,CKD,BLD,DRND,W/SALT	1 cup	6.75	0.77	4.32	2.43
SPINACH,CKD,BLD,DRND,WO/ SALT	1 cup	6.75	0.77	4.32	2.43
SPINACH,CND,NO SALT,SOL&LIQUIDS	1 cup	6.83	0.00	5.15	1.68
SPINACH,CND,REG PK,DRND SOL	1 cup	7.28	0.86	5.14	2.14
SPINACH,CND,REG PK,SOL&LIQUIDS	1 cup	6.83	0.00	3.74	3.09
SPINACH,FRZ,CHOPD OR LEAF,CKD,BLD,DRND,W/SALT	1/2 cup	4.56	0.48	3.52	1.05

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
SPINACH,FRZ,CHOPD OR LEAF,CKD,BLD,DRND,W/SALT	1 package (10 oz) yields	10.56	1.12	8.14	2.42
SPINACH,FRZ,CHOPD OR LEAF,CKD,BLD,DRND,WO/SALT	1/2 cup	4.56	0.48	3.52	1.05
SPINACH,FRZ,CHOPD OR LEAF,CKD,BLD,DRND,WO/SALT	1 package (10 oz) yields	10.56	1.12	8.14	2.42
SPINACH,FRZ,CHOPD OR LEAF,UNPREP	1 cup	6.57	1.01	4.52	2.04
SPINACH,FRZ,CHOPD OR LEAF,UNPREP	1 package (10 oz)	11.96	1.85	8.24	3.72
SPINACH,RAW	1 bunch	12.34	1.43	7.48	4.86
SPINACH,RAW	1 cup	1.09	0.13	0.66	0.43
SPINACH,RAW	1 leaf	0.36	0.04	0.22	0.14
SPINACH,RAW	1 package (10 oz)	10.31	1.19	6.25	4.06
SQUASH,SMMR,ALL VAR,CKD,BLD,DRND,W/SALT	1 cup slices	7.76	4.66	2.52	5.24
SQUASH,SMMR,ALL VAR,CKD,BLD,DRND,WO/SALT	1 cup, sliced	7.76	4.66	2.52	5.24
SQUASH,SMMR,ALL VAR,RAW	1 cup, sliced	3.79	2.49	1.24	2.54
SQUASH,SMMR,ALL VAR,RAW	1 large	10.82	7.11	3.55	7.27
SQUASH,SMMR,ALL VAR,RAW	1 medium	6.57	4.31	2.16	4.41
SQUASH,SMMR,ALL VAR,RAW	1 slice	0.33	0.22	0.11	0.22
SQUASH,SMMR,ALL VAR,RAW	1 small	3.95	2.60	1.30	2.66
SQUASH,SMMR,CROOKNECK & STRAIGHTNECK,CKD,BLD,DRND,WO/ SALT	1/2 cup slices	3.41	2.23	0.99	2.42
SQUASH,SMMR,CROOKNECK & STRAIGHTNECK,CKD,BLD,DRND,WO/ SALT	1 cup, sliced	6.82	4.46	1.98	4.84
SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,CKD,BLD,DRND, W/SALT	1 cup slices	6.82	4.46	1.98	4.84
SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,CND,DRND,SOLID,WO/SALT	1 can (303 x 406)	7.13	2.87	3.37	3.76
SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,CND,DRND,SOLID,WO/SALT	1 cup slices	6.39	2.57	3.02	3.37
SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,CND,DRND,SOLID,WO/SALT	1 cup, diced	6.22	2.50	2.94	3.28
SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,CND,DRND,SOLID,WO/SALT	1 cup, mashed	7.10	2.86	3.36	3.74
SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,CND,DRND,SOLID,WO/SALT	1 slice	0.24	0.10	0.11	0.12
SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,FRZ,CKD,BLD,DRND,W/SALT	1 cup slices	10.64	4.47	2.69	7.95
SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,FRZ,CKD,BLD,DRND,WO/SALT	1 cup slices	10.64	4.47	2.69	7.95
SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,FRZ,UNPREP	1 cup slices	6.24	0.00	1.56	4.68
SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,RAW	1 cup sliced	4.93	3.66	1.27	3.66

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
SQUASH,SMMR,SCALLOP,CKD,BLD,DRND,W/SALT	1/2 cup slices	2.97	1.35	1.71	1.26
SQUASH,SMMR,SCALLOP,CKD,BLD,DRND,W/SALT	1/2 cup, mashed	3.96	1.80	2.28	1.68
SQUASH,SMMR,SCALLOP,CKD,BLD,DRND,WO/SALT	1 cup, mashed	7.92	3.60	4.56	3.36
SQUASH,SMMR,SCALLOP,CKD,BLD,DRND,WO/SALT	1 cup, sliced	5.94	2.70	3.42	2.52
SQUASH,SMMR,ZUCCHINI,INCL SKN,CKD,BLD,DRND,W/SALT	1/2 cup slices	2.42	1.54	0.90	1.52
SQUASH,SMMR,ZUCCHINI,INCL SKN,CKD,BLD,DRND,W/SALT	1/2 cup, mashed	3.23	2.05	1.20	2.03
SQUASH,SMMR,ZUCCHINI,INCL SKN,CKD,BLD,DRND,WO/SALT	1/2 cup, mashed	3.23	2.05	1.20	2.03
SQUASH,SMMR,ZUCCHINI,INCL SKN,CKD,BLD,DRND,WO/SALT	1 cup, sliced	4.84	3.08	1.80	3.04
SQUASH,SMMR,ZUCCHINI,INCL SKN,FRZ,CKD,BLD,DRND,W/SALT	1 cup	6.62	3.77	2.90	3.72
SQUASH,SMMR,ZUCCHINI,INCL SKN,FRZ,CKD,BLD,DRND,WO/SALT	1 cup	7.94	3.77	2.90	5.04
SQUASH,SMMR,ZUCCHINI,INCL SKN,FRZ,UNPREP	1/3 package (10 oz)	3.40	1.62	1.24	2.17
SQUASH,SMMR,ZUCCHINI,INCL SKN,FRZ,UNPREP	1 package (10 oz)	10.17	4.86	3.69	6.48
SQUASH,SMMR,ZUCCHINI,INCL SKN,FRZ,UNPREP	1 package (3 lb)	48.72	23.27	17.69	31.03
SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW	1 cup, chopped	3.86	3.10	1.24	2.62
SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW	1 cup, sliced	3.51	2.83	1.13	2.38
SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW	1 large	10.05	8.08	3.23	6.82
SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW	1 medium	6.10	4.90	1.96	4.14
SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW	1 slice	0.31	0.25	0.10	0.21
SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW	1 small	3.67	2.95	1.18	2.49
SQUASH,SMMR,ZUCCHINI,ITALIAN STYLE,CND	1 cup	15.55	0.00	0.00	15.55
SQUASH,SUMMER,SCALLOP,RAW	1 cup slices	4.99	3.11	1.56	3.43
SQUASH,WINTER,ACORN,RAW	1 cup, cubes	14.59	0.00	2.10	12.49
SQUASH,WINTER,ACORN,RAW	1 squash (4 inch dia)	44.91	0.00	6.47	38.45
SQUASH,WINTER,HUBBARD,RAW	1 cup, cubes	10.09	4.58	4.52	5.57
SQUASH,WNTR,ACORN,CKD,BKD,W/SALT	1 cup, cubes	29.89	0.00	9.02	20.87
SQUASH,WNTR,ACORN,CKD,BKD,WO/SALT	1 cup, cubes	29.89	0.00	9.02	20.87
SQUASH,WNTR,ACORN,CKD,BLD,MSHD,W/SALT	1 cup, mashed	21.54	0.00	6.37	15.17
SQUASH,WNTR,ACORN,CKD,BLD,MSHD,WO/SALT	1 cup, mashed	21.54	0.00	6.37	15.17
SQUASH,WNTR,ALL VAR,CKD,BKD,W/SALT	1 cup, cubes	18.14	6.77	5.74	12.40
SQUASH,WNTR,ALL VAR,CKD,BKD,WO/SALT	1 cup, cubes	18.14	6.77	5.74	12.40
SQUASH,WNTR,ALL VAR,RAW	1 cup, cubes	9.96	2.55	1.74	8.22
SQUASH,WNTR,BUTTERNUT,CKD,BKD,W/SALT	1 cup, cubes	21.50	4.04	6.56	14.94

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
SQUASH,WNTR,BUTTERNUT,CKD,BKD,WO/SALT	1 cup, cubes	21.50	4.04	6.56	14.94
SQUASH,WNTR,BUTTERNUT,FRZ,CKD,BLD,W/SALT	1 cup, mashed	24.10	0.00	0.00	24.10
SQUASH,WNTR,BUTTERNUT,FRZ,CKD,BLD,WO/SALT	1 cup, mashed	24.12	0.00	0.00	24.12
SQUASH,WNTR,BUTTERNUT,FRZ,UNPREP	1/3 package (12 oz)	16.28	3.20	1.47	14.81
SQUASH,WNTR,BUTTERNUT,FRZ,UNPREP	1 package (12 oz)	48.99	9.62	4.42	44.57
SQUASH,WNTR,BUTTERNUT,FRZ,UNPREP	1 package (4 lb)	261.40	51.34	23.58	237.82
SQUASH,WNTR,BUTTERNUT,RAW	1 cup, cubes	16.37	3.08	2.80	13.57
SQUASH,WNTR,HUBBARD,BKD,W/ SALT	1 cup, cubes	22.16	10.05	10.05	12.12
SQUASH,WNTR,HUBBARD,BKD,WO/ SALT	1 cup, cubes	22.16	10.05	10.05	12.12
SQUASH,WNTR,HUBBARD,CKD,BLD,MSHD,W/SALT	1 cup, mashed	15.25	6.91	6.84	8.40
SQUASH,WNTR,HUBBARD,CKD,BLD,MSHD,WO/SALT	1 cup, mashed	15.25	6.91	6.84	8.40
SQUASH,WNTR,SPAGHETTI,CKD,BLD,DRND,OR BKD,W/SALT	1 cup	10.01	3.92	2.17	7.84
SQUASH,WNTR,SPAGHETTI,CKD,BLD,DRND,OR BKD,WO/SALT	1 cup	10.01	3.92	2.17	7.84
SQUASH,WNTR,SPAGHETTI,RAW	1 cup, cubes	6.98	2.79	1.52	5.46
SQUASH,ZUCCHINI,BABY,RAW	1 large	0.50	0.00	0.18	0.32
SQUASH,ZUCCHINI,BABY,RAW	1 medium	0.34	0.00	0.12	0.22
SUCCOTASH,(CORN&LIMAS),CKD,BLD,DRND,W/SALT	1 cup	46.79	0.00	0.00	46.79
SUCCOTASH,(CORN&LIMAS),CKD,BLD,DRND,WO/SALT	1 cup	46.81	0.00	8.64	38.17
SUCCOTASH,(CORN&LIMAS),CND,W/CRM STYLE CORN	1 cup	46.84	0.00	7.98	38.86
SUCCOTASH,(CORN&LIMAS),CND,W/WHL KERNEL CORN,SOL&LIQUIDS	1 cup	35.65	0.00	6.63	29.02
SUCCOTASH,(CORN&LIMAS),FRZ,CKD,BLD,DRND,W/SALT	1 cup	33.92	3.76	6.97	26.95
SUCCOTASH,(CORN&LIMAS),FRZ,CKD,BLD,DRND,WO/SALT	1 cup	33.92	3.76	6.97	26.95
SUCCOTASH,(CORN&LIMAS),FRZ,UNPREP	1 cup	31.11	0.00	6.24	24.87
SUCCOTASH,(CORN&LIMAS),FRZ,UNPREP	1 package (10 oz)	56.63	0.00	11.36	45.27
SWAMP CABBAGE,(SKUNK CABBAGE),RAW	1 cup, chopped	1.76	0.00	1.18	0.58
SWAMP CABBAGE,(SKUNK CABBAGE),RAW	1 shoot	0.41	0.00	0.27	0.14
SWAMP CABBAGE,CKD,BLD,DRND,W/SALT	1 cup, chopped	3.64	0.00	1.86	1.77
SWAMP CABBAGE,CKD,BLD,DRND,WO/SALT	1 cup, chopped	3.64	0.00	1.86	1.77
SWEET POTATO LEAVES,CKD,STMD,W/ SALT	1 cup	4.72	3.51	1.22	3.51
SWEET POTATO LEAVES,CKD,STMD,WO/ SALT	1 cup	4.72	3.51	1.22	3.51

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
SWEET POTATO LEAVES,RAW	1 cup, chopped	3.09	0.00	1.86	1.23
SWEET POTATO LEAVES,RAW	1 leaf (12-1/4" long)	1.41	0.00	0.85	0.56
SWEET POTATO PUFFS,FRZ,UNPREP	3 oz	26.11	6.50	1.62	24.50
SWEET POTATO,CKD,BKD IN SKN,FLESH,W/ SALT	1/2 cup, mashed	20.71	6.48	3.30	17.41
SWEET POTATO,CKD,BKD IN SKN,FLESH,W/ SALT	1 medium (2" dia, 5" long, raw)	23.61	7.39	3.76	19.85
SWEET POTATO,CKD,BKD IN SKN,FLESH,WO/ SALT	1 cup	41.42	12.96	6.60	34.82
SWEET POTATO,CKD,BKD IN SKN,FLESH,WO/ SALT	1 large	37.28	11.66	5.94	31.34
SWEET POTATO,CKD,BKD IN SKN,FLESH,WO/ SALT	1 medium (2" dia, 5" long, raw)	23.61	7.39	3.76	19.85
SWEET POTATO,CKD,BKD IN SKN,FLESH,WO/ SALT	1 small	12.43	3.89	1.98	10.45
SWEET POTATO,CKD,BLD,WO/ SKN	1 cup, mashed	58.12	18.83	8.20	49.92
SWEET POTATO,CKD,BLD,WO/ SKN	1 medium	26.76	8.67	3.78	22.98
SWEET POTATO,CKD,BLD,WO/ SKN,W/ SALT	1 cup, mashed	58.12	18.83	8.20	49.92
SWEET POTATO,CKD,BLD,WO/ SKN,W/ SALT	1 medium	26.76	8.67	3.78	22.98
SWEET POTATO,CKD,CANDIED,HOME-PREPARED	1 piece (2-1/2" x 2" dia)	33.73	28.61	2.21	31.52
SWEET POTATO,CND,MSHD	1 can (404 x 307)	115.02	27.03	8.43	106.59
SWEET POTATO,CND,MSHD	1 cup	59.13	13.90	4.34	54.80
SWEET POTATO,CND,SYRUP PK,DRND SOL	1 cup	49.71	11.25	5.88	43.83
SWEET POTATO,CND,SYRUP PK,SOL & LIQUIDS	1 can (404 x 307)	133.53	98.25	15.95	117.58
SWEET POTATO,CND,SYRUP PK,SOL & LIQUIDS	1 cup	47.72	35.11	5.70	42.02
SWEET POTATO,FRZ,CKD,BKD,W/ SALT	1 cup, cubes	41.18	0.00	3.17	38.02
SWEET POTATO,FRZ,CKD,BKD,WO/ SALT	1 cup, cubes	41.18	16.14	3.17	38.02
SWEET POTATO,FRZ,UNPREP	1 cup, cubes	39.11	0.00	2.99	36.12
SWEET POTATO,RAW,UNPREP	1 cup, cubes	26.76	5.56	3.99	22.77
SWEET POTATO,RAW,UNPREP	1 sweetpotato, 5" long	26.16	5.43	3.90	22.26
SWEET POTATOES,FRENCH FR,CROSSCUT,FRZ,UNPREP	3 oz	21.69	5.49	2.89	18.80
SWEET POTATOES,FRENCH FR,FRZ,UNPREP	3 oz	21.20	6.96	3.06	18.14
SWEETPOTATO,CND,VACUUM PK	1 cup pieces	42.24	10.00	3.60	38.64
SWEETPOTATO,CND,VACUUM PK	1 cup, mashed	53.86	12.75	4.59	49.27
TARO LEAVES,CKD,STMD,WO/SALT	1 cup	5.83	0.00	2.90	2.93
TARO LEAVES,RAW	1 cup	1.88	0.84	1.04	0.84
TARO LEAVES,RAW	1 leaf (11" x 6-1/2")	0.67	0.30	0.37	0.30
TARO SHOOTS,CKD,WO/SALT	1 cup slices	4.48	0.00	0.00	4.48

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
TARO SHOOTS,RAW	1/2 cup slices	1.00	0.00	0.00	1.00
TARO SHOOTS,RAW	1 shoot	1.93	0.00	0.00	1.93
TARO,COOKED,WITH SALT	1 cup slices	45.67	0.65	6.73	38.94
TARO,COOKED,WITHOUT SALT	1 cup, sliced	45.67	0.65	6.73	38.94
TARO,LEAVES,CKD,STMD,W/SALT	1 cup	5.64	0.00	2.90	2.74
TARO,RAW	1 cup, sliced	27.52	0.42	4.26	23.25
TARO,SHOOTS,CKD,W/SALT	1 cup slices	4.47	0.00	0.00	4.47
TARO,TAHITIAN,CKD,W/SALT	1 cup slices	9.38	0.00	0.00	9.38
TARO,TAHITIAN,CKD,WO/SALT	1 cup slices	9.38	0.00	0.00	9.38
TARO,TAHITIAN,RAW	1 cup slices	8.64	0.00	0.00	8.64
TOMATILLOS,RAW	1/2 cup, chopped or diced	3.85	2.59	1.25	2.60
TOMATILLOS,RAW	1 medium	1.99	1.34	0.65	1.34
TOMATO JUC,CND,W/SALT	1 cup	8.58	6.27	0.97	7.61
TOMATO JUC,CND,W/SALT	6 fl oz	6.42	4.70	0.73	5.70
TOMATO JUC,CND,WO/ SALT ADDED	1 cup	8.58	6.27	0.97	7.61
TOMATO JUC,CND,WO/ SALT ADDED	1 fl oz	1.07	0.78	0.12	0.95
TOMATO JUC,CND,WO/ SALT ADDED	6 fl oz	6.42	4.70	0.73	5.70
TOMATO PRODUCTS,CND,PASTE,W/SALT	1/4 cup	12.48	8.04	2.71	9.77
TOMATO PRODUCTS,CND,PASTE,W/SALT	1 can (6 oz)	32.15	20.71	6.97	25.18
TOMATO PRODUCTS,CND,PASTE,W/SALT	1 cup	49.54	31.91	10.74	38.80
TOMATO PRODUCTS,CND,PASTE,W/SALT	1 tbsp	3.03	1.95	0.66	2.37
TOMATO PRODUCTS,CND,PASTE,WO/ SALT ADDED	1/4 cup	12.48	8.04	2.71	9.77
TOMATO PRODUCTS,CND,PASTE,WO/ SALT ADDED	1 can (6 oz)	32.15	20.71	6.97	25.18
TOMATO PRODUCTS,CND,PASTE,WO/ SALT ADDED	1 cup	49.54	31.91	10.74	38.80
TOMATO PRODUCTS,CND,PASTE,WO/ SALT ADDED	1 tbsp	3.03	1.95	0.66	2.37
TOMATO PRODUCTS,CND,PUREE,W/SALT	1 can (29 oz) (401 x 411)	73.82	39.70	15.62	58.20
TOMATO PRODUCTS,CND,PUREE,W/SALT	1 cup	22.45	12.08	4.75	17.70
TOMATO PRODUCTS,CND,PUREE,WO/SALT	1 can (29 oz) (401 x 411)	73.82	39.70	15.62	58.20
TOMATO PRODUCTS,CND,PUREE,WO/SALT	1 cup	22.45	12.08	4.75	17.70
TOMATO PRODUCTS,CND,SAU	1 cup	13.01	8.72	3.68	9.33
TOMATO PRODUCTS,CND,SAU,SPANISH STYLE	1 can, 15 oz (303 x 406)	30.77	0.00	5.95	24.82
TOMATO PRODUCTS,CND,SAU,SPANISH STYLE	1 cup	17.67	0.00	3.42	14.25
TOMATO PRODUCTS,CND,SAU,W/HERBS&CHS	1/2 cup	12.49	0.00	2.68	9.81
TOMATO PRODUCTS,CND,SAU,W/HERBS&CHS	1 can, 15 oz (303 x 406)	43.52	0.00	9.35	34.17
TOMATO PRODUCTS,CND,SAU,W/MUSHROOMS	1 cup	20.65	14.14	3.68	16.98
TOMATO PRODUCTS,CND,SAU,W/ONIONS	1 cup	24.35	0.00	4.41	19.94

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
TOMATO PRODUCTS,CND,SAU,W/ONIONS,GRN PEPPERS,&CELERY	1 can, 15 oz (303 x 406)	36.04	30.25	5.75	30.29
TOMATO PRODUCTS,CND,SAU,W/ONIONS,GRN PEPPERS,&CELERY	1 cup	21.93	18.40	3.50	18.43
TOMATO PRODUCTS,CND,SAU,W/TOMATO TIDBITS	1 can, 15 oz (303 x 406)	30.13	0.00	5.95	24.18
TOMATO PRODUCTS,CND,SAU,W/TOMATO TIDBITS	1 cup	17.30	0.00	3.42	13.88
TOMATO SAU,CND,NO SALT ADDED	1 cup	13.01	8.72	3.68	9.33
TOMATO&VEG JUC,LO NA	1 cup	11.11	9.20	1.94	9.17
TOMATO&VEG JUC,LO NA	1 fl oz	1.39	1.15	0.24	1.14
TOMATOES,CRUSHED,CANNED	1/2 cup	8.82	5.32	2.30	6.52
TOMATOES,GREEN,RAW	1 cup	9.18	7.20	1.98	7.20
TOMATOES,GREEN,RAW	1 large	9.28	7.28	2.00	7.28
TOMATOES,GREEN,RAW	1 medium	6.27	4.92	1.35	4.92
TOMATOES,GREEN,RAW	1 slice or wedge	1.02	0.80	0.22	0.80
TOMATOES,GREEN,RAW	1 small	4.64	3.64	1.00	3.64
TOMATOES,ORANGE,RAW	1 cup, chopped	5.02	0.00	1.42	3.60
TOMATOES,ORANGE,RAW	1 tomato	3.53	0.00	1.00	2.53
TOMATOES,RED,RIPE,CKD	1 cup	9.62	5.98	1.68	7.94
TOMATOES,RED,RIPE,CKD	2 medium	9.86	6.13	1.72	8.14
TOMATOES,RED,RIPE,CKD,STWD	1 cup	13.18	0.00	1.72	11.46
TOMATOES,RED,RIPE,CKD,STWD	1 recipe yield	78.82	0.00	10.27	68.55
TOMATOES,RED,RIPE,CKD,W/ SALT	1/2 cup	4.81	2.99	0.84	3.97
TOMATOES,RED,RIPE,CKD,W/ SALT	1 cup	9.62	5.98	1.68	7.94
TOMATOES,RED,RIPE,CKD,W/ SALT	1 NLEA serving	4.85	3.01	0.85	4.01
TOMATOES,RED,RIPE,CND,PACKED IN TOMATO JUC	1 can	6.59	4.85	3.61	2.98
TOMATOES,RED,RIPE,CND,PACKED IN TOMATO JUC	1 cup	8.33	6.12	4.56	3.77
TOMATOES,RED,RIPE,CND,PACKED IN TOMATO JUC	1 large	5.69	4.18	3.12	2.57
TOMATOES,RED,RIPE,CND,PACKED IN TOMATO JUC	1 medium	3.85	2.83	2.11	1.74
TOMATOES,RED,RIPE,CND,PACKED IN TOMATO JUC	1 small	2.85	2.09	1.56	1.29
TOMATOES,RED,RIPE,CND,PACKED IN TOMATO JUC	1 tbsp	0.52	0.38	0.29	0.24
TOMATOES,RED,RIPE,CND,PACKED IN TOMATO JUC,NO SALT ADDED	1/2 cup	4.16	3.06	2.28	1.88
TOMATOES,RED,RIPE,CND,PACKED IN TOMATO JUC,NO SALT ADDED	1 can	6.59	4.85	3.61	2.98
TOMATOES,RED,RIPE,CND,PACKED IN TOMATO JUC,NO SALT ADDED	1 cup	8.33	6.12	4.56	3.77
TOMATOES,RED,RIPE,CND,PACKED IN TOMATO JUC,NO SALT ADDED	1 large	5.69	4.18	3.12	2.57
TOMATOES,RED,RIPE,CND,PACKED IN TOMATO JUC,NO SALT ADDED	1 medium	3.85	2.83	2.11	1.74

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
TOMATOES,RED,RIPE,CND,PACKED IN TOMATO JUC,NO SALT ADDED	1 small	2.85	2.09	1.56	1.29
TOMATOES,RED,RIPE,CND,PACKED IN TOMATO JUC,NO SALT ADDED	1 tbsp	0.52	0.38	0.29	0.24
TOMATOES,RED,RIPE,CND,STWD	1 cup	15.78	8.98	2.55	13.23
TOMATOES,RED,RIPE,CND,W/GRN CHILIES	1 cup	8.72	0.00	0.00	8.72
TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	1 cherry	0.66	0.45	0.20	0.46
TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	1 cup cherry tomatoes	5.80	3.92	1.79	4.01
TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	1 cup, chopped or sliced	7.00	4.73	2.16	4.84
TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	1 Italian tomato	2.41	1.63	0.74	1.67
TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	1 large whole (3" dia)	7.08	4.79	2.18	4.90
TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	1 medium whole (2-3/5" dia)	4.78	3.23	1.48	3.31
TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	1 NLEA serving	5.76	3.89	1.78	3.98
TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	1 plum tomato	2.41	1.63	0.74	1.67
TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	1 slice, medium (1/4" thick)	0.78	0.53	0.24	0.54
TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	1 slice, thick/large (1/2" thick)	1.05	0.71	0.32	0.73
TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	1 slice, thin/small	0.58	0.39	0.18	0.40
TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	1 small whole (2-2/5" dia)	3.54	2.39	1.09	2.45
TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	1 wedge (1/4 of medium tomato)	1.21	0.82	0.37	0.83
TOMATOES,SUN-DRIED	1 cup	30.11	20.30	6.64	23.47
TOMATOES,SUN-DRIED	1 piece	1.12	0.75	0.25	0.87
TOMATOES,SUN-DRIED,PACKED IN OIL,DRND	1 cup	25.66	0.00	6.38	19.28
TOMATOES,SUN-DRIED,PACKED IN OIL,DRND	1 piece	0.70	0.00	0.17	0.53
TOMATOES,YELLOW,RAW	1 cup, chopped	4.14	0.00	0.97	3.17
TOMATOES,YELLOW,RAW	1 tomato	6.32	0.00	1.48	4.83

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
TREE FERN,CKD,W/SALT	1/2 cup, chopped or diced	7.65	0.00	2.63	5.03
TREE FERN,CKD,W/SALT	1 frond (6-1/2" long)	3.34	0.00	1.15	2.19
TREE FERN,CKD,WO/SALT	1/2 cup, chopped	7.80	0.00	2.63	5.17
TREE FERN,CKD,WO/SALT	1 frond (6-1/2" long)	3.40	0.00	1.15	2.26
TURNIP GREENS,RAW	1 cup, chopped	3.92	0.45	1.76	2.16
TURNIP GRNS&TURNIPS,FRZ,CKD,BLD,DRND,W/SALT	1/2 cup	4.08	0.82	2.67	1.41
TURNIP GRNS&TURNIPS,FRZ,CKD,BLD,DRND,W/SALT	1 cup	7.73	1.55	5.05	2.67
TURNIP GRNS&TURNIPS,FRZ,CKD,BLD,DRND,WO/SALT	1 cup	7.91	1.74	5.05	2.85
TURNIP GRNS&TURNIPS,FRZ,UNPREP	1/3 package (10 oz)	3.22	0.00	2.28	0.94
TURNIP GRNS&TURNIPS,FRZ,UNPREP	1 package (10 oz)	9.63	0.00	6.82	2.81
TURNIP GRNS&TURNIPS,FRZ,UNPREP	1 package (3 lb)	46.14	0.00	32.66	13.47
TURNIP GRNS,CKD,BLD,DRND,W/SALT	1 cup, chopped	6.28	0.76	5.04	1.24
TURNIP GRNS,CKD,BLD,DRND,WO/SALT	1 cup, chopped	6.28	0.76	5.04	1.24
TURNIP GRNS,CND,NO SALT	1 cup	4.05	0.60	1.87	2.17
TURNIP GRNS,CND,SOL&LIQUIDS	1/2 cup	2.83	0.00	1.99	0.84
TURNIP GRNS,CND,SOL&LIQUIDS	1 can, 15 oz (303 x 406)	10.29	0.00	7.23	3.06
TURNIP GRNS,FRZ,CKD,BLD,DRND,W/SALT	1/2 cup	4.08	0.62	2.79	1.30
TURNIP GRNS,FRZ,CKD,BLD,DRND,W/SALT	1 package (10 oz) yields	10.96	1.65	7.48	3.48
TURNIP GRNS,FRZ,CKD,BLD,DRND,WO/SALT	1 cup	8.17	1.23	5.58	2.59
TURNIP GRNS,FRZ,CKD,BLD,DRND,WO/SALT	1 package (10 oz) yields	10.96	1.65	7.48	3.48
TURNIP GRNS,FRZ,UNPREP	1/2 cup, chopped or diced	3.01	0.00	2.05	0.96
TURNIP GRNS,FRZ,UNPREP	1 package (10 oz)	10.42	0.00	7.10	3.32
TURNIPS,CKD,BLD,DRND,W/SALT	1 cup, cubes	7.89	4.66	3.12	4.77
TURNIPS,CKD,BLD,DRND,W/SALT	1 cup, mashed	11.64	6.88	4.60	7.04
TURNIPS,CKD,BLD,DRND,WO/SALT	1 cup, cubes	7.89	4.66	3.12	4.77
TURNIPS,CKD,BLD,DRND,WO/SALT	1 cup, mashed	11.64	6.88	4.60	7.04

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
TURNIPS,FROZEN,UNPREPARED	1/3 package, mashed (10 oz)	2.76	0.00	1.69	1.07
TURNIPS,FROZEN,UNPREPARED	1 package, mashed (10 oz)	8.35	0.00	5.11	3.24
TURNIPS,FRZ,CKD,BLD,DRND,W/SALT	1 cup	5.87	2.75	3.12	2.75
TURNIPS,FRZ,CKD,BLD,DRND,WO/SALT	1 cup	6.79	3.67	3.12	3.67
TURNIPS,RAW	1/2 cup, cubes	4.18	2.47	1.17	3.01
TURNIPS,RAW	1 cup, cubes	8.36	4.94	2.34	6.02
TURNIPS,RAW	1 large	11.77	6.95	3.29	8.47
TURNIPS,RAW	1 medium	7.84	4.64	2.20	5.65
TURNIPS,RAW	1 slice	0.96	0.57	0.27	0.69
TURNIPS,RAW	1 small	3.92	2.32	1.10	2.82
V8 60% VEG JUC,V8 V-LITE	1 serving	7.00	5.01	0.97	6.03
V8 60% VEG JUC,V8 V-LITE	8 fl oz	7.00	5.01	0.97	6.03
V8 VEG JUC,CA ENR V8	1 serving	11.01	7.99	1.94	9.06
V8 VEG JUC,CA ENR V8	8 fl oz	11.01	7.99	1.94	9.06
V8 VEG JUC,ESSENTIAL ANTIOXIDANTS V8	1 serving	11.01	7.99	1.94	9.06
V8 VEG JUC,ESSENTIAL ANTIOXIDANTS V8	8 oz	11.01	7.99	1.94	9.06
V8 VEG JUC,HI FIBER V8	1 serving	13.10	7.99	5.10	7.99
V8 VEG JUC,HI FIBER V8	8 fl oz	13.10	7.99	5.10	7.99
V8 VEG JUC,LO NA SPICY HOT	1 serving	11.01	7.99	1.94	9.06
V8 VEG JUC,LO NA SPICY HOT	8 fl oz	11.01	7.99	1.94	9.06
V8 VEG JUC,LO NA V8	1 serving	10.01	7.99	1.94	8.07
V8 VEG JUC,LO NA V8	8 fl oz	10.01	7.99	1.94	8.07
V8 VEG JUC,ORGANIC V8	1 serving	11.01	7.99	1.94	9.06
V8 VEG JUC,ORGANIC V8	8 fl oz	11.01	7.99	1.94	9.06
V8 VEG JUC,SPICY HOT V8	1 serving	10.01	7.99	1.94	8.07
V8 VEG JUC,SPICY HOT V8	8 fl oz	10.01	7.99	1.94	8.07
VEGETABLE JUC COCKTAIL,CND	1 cup	9.79	7.31	1.27	8.53
VEGETABLE JUC COCKTAIL,CND	6 fl oz	7.04	5.26	0.91	6.13
VEGETABLE JUC COCKTAIL,LO NA,CND	1 cup	9.73	7.14	1.27	8.46
VEGETABLE JUC COCKTAIL,LO NA,CND	6 fl oz	6.97	5.11	0.91	6.06
VEGETABLES,MXD (CORN,LIMA BNS,PEAS,GRN BNS,CRRT) CND,NO SALT	1 cup	13.30	4.39	5.64	7.66
VEGETABLES,MXD,CND,DRND SOL	1 cup	15.09	3.93	4.89	10.20
VEGETABLES,MXD,CND,SOL&LIQUIDS	1 cup	17.47	0.00	9.31	8.16
VEGETABLES,MXD,FRZ,CKD,BLD,DRND,W/SALT	1/2 cup	11.91	2.84	4.00	7.91
VEGETABLES,MXD,FRZ,CKD,BLD,DRND,W/SALT	1 package (10 oz) yields	36.00	8.58	12.10	23.90
VEGETABLES,MXD,FRZ,CKD,BLD,DRND,WO/SALT	1/2 cup	11.91	2.84	4.00	7.91

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
VEGETABLES,MXD,FRZ,CKD,BLD,DRND,WO/SALT	1 package (10 oz) yields	36.00	8.58	12.10	23.90
VEGETABLES,MXD,FRZ,UNPREP	1/3 package (10 oz)	12.80	0.00	3.80	9.00
VEGETABLES,MXD,FRZ,UNPREP	1 pack (2-1/2 lb)	152.75	0.00	45.36	107.39
VEGETABLES,MXD,FRZ,UNPREP	1 package (10 oz)	38.25	0.00	11.36	26.89
WASABI,ROOT,RAW	1 cup, sliced	30.60	0.00	10.14	20.46
WASABI,ROOT,RAW	1 root	39.78	0.00	13.18	26.60
WATERCHESTNUTS,CHINESE,(MATAI),RAW	1/2 cup slices	14.84	2.98	1.86	12.98
WATERCHESTNUTS,CHINESE,(MATAI),RAW	4 waterchestnuts	8.62	1.73	1.08	7.54
WATERCHESTNUTS,CHINESE,CND,SOL&LIQUIDS	1/2 cup slices	8.61	1.72	1.75	6.86
WATERCHESTNUTS,CHINESE,CND,SOL&LIQUIDS	4 waterchestnuts	3.44	0.69	0.70	2.74
WATERCRESS,RAW	1 cup, chopped	0.44	0.07	0.17	0.27
WATERCRESS,RAW	1 sprig	0.03	0.01	0.01	0.02
WATERCRESS,RAW	10 sprigs	0.32	0.05	0.13	0.20
WAXGOURD,(CHINESE PRESERVING MELON),CKD,BLD,DRND,W/SALT	1 cup, cubes	4.29	2.07	1.75	2.54
WAXGOURD,(CHINESE PRESERVING MELON),CKD,BLD,DRND,WO/SALT	1 cup, cubes	5.32	2.07	1.75	3.57
WAXGOURD,(CHINESE PRESERVING MELON),RAW	1 cup, cubes	3.96	0.00	3.83	0.13
WAXGOURD,(CHINESE PRESERVING MELON),RAW	1 waxgourd	171.00	0.00	165.30	5.70
WINGED BEAN,IMMAT SEEDS,CKD,BLD,DRND,W/SALT	1/2 cup	1.00	0.00	0.00	1.00
WINGED BEAN,IMMAT SEEDS,CKD,BLD,DRND,W/SALT	1 cup	1.99	0.00	0.00	1.99
WINGED BNS,IMMAT SEEDS,CKD,BLD,DRND,WO/SALT	1 cup	1.99	0.00	0.00	1.99
WINGED BNS,IMMAT SEEDS,RAW	1 cup slices	1.90	0.00	0.00	1.90
WINGED BNS,IMMAT SEEDS,RAW	1 pod	0.69	0.00	0.00	0.69
YAM,CKD,BLD,DRND,OR BKD,W/SALT	1/2 cup, cubes	18.35	0.33	2.65	15.70
YAM,CKD,BLD,DRND,OR BKD,W/SALT	1 cup, cubes	36.71	0.67	5.30	31.40
YAM,CKD,BLD,DRND,OR BKD,WO/SALT	1/2 cup, cubes	18.69	0.33	2.65	16.03
YAM,CKD,BLD,DRND,OR BKD,WO/SALT	1 cup, cubes	37.37	0.67	5.30	32.07
YAM,RAW	1 cup, cubes	41.82	0.75	6.15	35.67
YAMBEAN (JICAMA),RAW	1 cup	11.47	2.34	6.37	5.10
YAMBEAN (JICAMA),RAW	1 cup slices	10.58	2.16	5.88	4.70
YAMBEAN (JICAMA),RAW	1 large	105.84	21.60	58.80	47.04
YAMBEAN (JICAMA),RAW	1 medium	58.12	11.86	32.29	25.83
YAMBEAN (JICAMA),RAW	1 slice	0.53	0.11	0.29	0.24
YAMBEAN (JICAMA),RAW	1 small	32.19	6.57	17.89	14.31
YARDLONG BEAN,CKD,BLD,DRND,W/SALT	1 cup slices	9.54	0.00	0.00	9.54

USDA Vegetable Carbohydrate Data - 2015

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
YARDLONG BEAN,CKD,BLD,DRND,W/SALT	1 pod	1.28	0.00	0.00	1.28
YARDLONG BEAN,CKD,BLD,DRND,WO/SALT	1 cup slices	9.55	0.00	0.00	9.55
YARDLONG BEAN,CKD,BLD,DRND,WO/SALT	1 pod	1.29	0.00	0.00	1.29
YARDLONG BEAN,RAW	1 cup slices	7.60	0.00	0.00	7.60
YARDLONG BEAN,RAW	1 pod	1.00	0.00	0.00	1.00
YAUTIA (TANNIER),RAW	1 cup, sliced	31.90	0.00	2.03	29.88
YAUTIA (TANNIER),RAW	1 root	72.07	0.00	4.58	67.50
YEAST EXTRACT SPREAD	1 tsp	1.23	0.10	0.39	0.84