

Carbs in Vegetables List

The vegetables are listed below in 100-gram quantities for easy comparison.

Name	Net Carbs (g)	Fibre (g)	Total Carbs (g)
Acorn Squash	8.5	1.5	10
Alfalfa sprout	0	2	2
Amaranth leaves	4	0	4
Arrow head	20.2	0	20
Arrowroot	12	1.3	13.3
Artichoke	6	5	11
Arugula	2	2	4
Asparagus	1.8	2.1	3.9
Baby Beet Greens	0	4	4
Bamboo Shoots	2.8	2.2	5
Banana Pepper	2	3	5
Bean sprout (Mung Bean)	0.2	1.9	2.1
Beet	7.2	2.8	10
Bell Peppers, Green	2.9	1.7	4.6
Bell Peppers, Red	3.9	2.1	6
Bell Peppers, Yellow	5.1	0.9	6
Bitter Melon	3.2	0.8	4
Bok Choy (Pak Choi)	1.2	1	2.2
Broccoli	4.4	2.6	7
Broccoli Rabe, Rapini	0	3	3
Broccolini	5	1	6
Brussels Sprout	5.2	3.8	9
Butternut Squash	10	2	12
cabbage - red	5.27	2.1	7.37
cabbage - savoy	3	3.1	6.1
Cabbage - white	3.5	2.5	6
Cardoon	2.4	1.6	4
Carrots	7.2	2.8	10
Carrots - baby	5.34	2.9	8.24
Cassava	36.2	1.8	38
Cauliflower	3	2	5
Celery	1.4	1.6	3
Celery Root (Celeriac)	7.2	1.8	9
Chard, swiss	2	2	4
Chayote	2.8	1.7	4.5
Chicory	0.9	3.1	4
Chicory greens	1	4	5
Chilli, red, hot	7.31	1.5	8.81
chinese cabbage	2.03	1.2	3.23

Collard Greens	1	4	5
Cress	4.9	1.1	6
Cucumber	3.1	0.5	3.6
Dandelion greens	5.7	3.5	9.2
Eggplant	3	3	6
Endive	0	3	3
Escarole, Curly Endive	0	3	3
Fennel	4.9	2.1	7
Fiddlehead ferns	5.4	0	5.5
Gai Choy (Chinese Mustard Greens)	2.3	2.4	4.7
Gai Lan (Chinese Broccoli)	1.3	2.5	3.8
Garlic	30.9	2.1	33
Ginger root	15.7	2	17.7
Gourd	2.9	0.5	3.4
grape leaves	6.31	11	17.3
Green Beans	3.6	3.4	7
Jalapeno Pepper	4.2	2.8	7
Jerusalem artichokes	15.8	1.6	17.4
Jicama	4.1	4.9	9
Kale	8	1	9
Kohlrabi	2.4	3.6	6
Leek	12.2	1.8	14
Lettuce, Butterhead	1	1	2
Lettuce, Cos or Romaine	1.19	2.1	3.29
Lettuce, green leaf	1.5	1.3	2.87
Lettuce, iceberg	1.6	1.3	2.9
Lettuce, red leaf	1.36	0.9	2.26
Lotus Root	12.1	4.9	17
Mushroom, Brown (Italian or Crimini)	3	1	4
Mushroom, Maitale	4.27	2.7	6.97
Mushroom, Morel	2.3	2.8	5.1
Mushroom, Portabella	4	1	5
Mushroom, Shiitake	12	2	14
Mushroom, White (Button)	2	1	3
Mushrooms, chanterelle	3	3.8	6.8
Mushrooms, Enoki	5.1	2.7	7.8
Mushrooms, Oyster	3.7	2.3	6
Mustard Greens	1.5	3.2	4.7
Okra	3.8	3.2	7
Onion	7.3	1.7	9
Onion, sweet	6.65	0.9	7.55
Palm hearts	24.11	1.5	25.6
Parsnips	13.09	4.9	17.99

Peas, green	9.3	5.1	14.45
Poblano Pepper	4.6	1.8	6.4
Potato, Red	14.2	1.7	15.9
Potato, Sweet	17	3	20
Potato, White	14.8	2.2	17
Pumpkin	6.5	0.5	7
Radicchio	3.6	0.9	4.5
Radish	1.8	1.6	3.4
Rutabaga	6.7	2.3	9
Scallion (Green Onion)	4.4	2.6	7
Seaweed, kelp	8.27	1.3	9.57
Seaweed, nori	4.7	0.3	5
Seaweed, wakame	8.64	0.5	9.14
Serrano pepper	3	3.7	6.7
Shallots	13.6	3.2	16.8
Snake Bean (Yardlong, Chinese Long Bean)	5.2	2.8	8
Spaghetti Squash	5.5	1.5	7
Spinach	2	2	4
Spirulina	2	0.4	2.4
Sugar Snap Peas(Snowpeas)	5	3	8
Summer Squash	2.3	1.1	3.4
Taro	22.36	4.1	26.46
Tomatillos	4.1	1.9	6
Tomatoes, Cherry	3	1	4
Tomatoes, Green	3.9	1.1	5
Tomatoes, Red	2.7	1.2	3.9
Tomatoes, Yellow	2.3	0.7	3
Turnips	4.2	1.8	6
Wasabi root	15.74	7.8	23.54
Water Chestnut	21	3	24
Water Cress	0.79	0.5	1.29
White Radish (Daikon)	2.5	1.6	4.1
Yam	24	4	28
Zucchini (Courgette)	2.1	1	3.1

Values obtained from the USDA Food Composition Database