



Vegetables/Fruits - Nutrient Analysis

2024-2025

1/2 cup serving

Food Item	Cals	Carb (g)	PRO (g)	FAT (g)	Fiber (g)	Sodium (mg)
Apple, small	60	15	0	0	1.65	1
Apples, sliced (cinnamon)	50	12	0	0	1	10
Applesauce <i>unsweetened</i> (usda)	60	15	0	0	1	15
Applesauce Berry <i>unsweetened</i>	50	14	0	0	1	15
Applesauce Strawberry <i>unsweetened</i>	50	14	0	0	1	15
Applesauce, 4.5oz (usda)	60	14	0	0	1	15
Applesauce,blue raspberry 4.5oz	90	22	0	0	2	0
Baked Beans (Pork and Beans)	237	47	8	4	7	872
Banana (1 medium)	105	27	1	0	2.7	1
Beans, Chili	90	19	3	0.5	5	460
Beans, Green canned	30	6	0	0	3	320
Beans, Green frozen (usda)	19	4	1	0	2	1
Beans, Pinto canned (usda)	120	22	5	1	9	140
Beans, Refried (Santiago)	140	25	9	5	9	135
Black Bean salad (2/3 cup)	207	30	10	6	10	535
Black Beans	110	19	6	1	8	280
Blueberries , raw	56	13.6	0.8	0.8	3.2	0
Broccoli Cuts	33	5	3	0	1	216
Calabacitas (zucchini)	43	9	2	0.5	2	9
Cantaloupe	30	7.5	0	0	0.6	14
Carrots, Baby	17.5	6	0.5	0	1	44
Carrots, Glazed (canned)	71	11.8	0.96	2.7	2.9	418
Carrots, Sliced (canned)	45	11	1	0	3	577
Carrots, Sliced, frozen (usda)	27	6	0	0	2	43
Celery, Sticks	6	0	0	0	0	18
Cole Slaw	66	9	1.2	0.52	2	154
Corn, Whole Kernel canned	80	17	2	1	2	300
Corn, Whole Kernel frozen (usda)	67	16	2	1	2	1
Craisins (1/4 cup)	110	27	0	0	2	0
Cucumbers & Carrots	16	3.65	0.8	0	1.1	7
Fruit Cocktail	70	18	0	0	1	10
Grapes, raw, (red and green)	34	9	0	0	0.5	1
Guacamole (1 oz)	30	1	0.5	2.5	1	65
Kiwi (1 medium)	46	11	1	0	2	2.5
Lettuce and Tomato	14.87	3.24	0.81	0.078	0.577	3.7
Melon, honeydew	30.5	7.75	0.5	0	0.7	16
Mixed Fruit, frozen, 4.4 oz cup	61	17	0	0	0	15.5
Nectarine (1 medium)	62	15	2	0	2.3	0

Food Item	Cals	Carb (g)	PRO (g)	FAT (g)	Fiber (g)	Sodium (mg)
Onion rings (5 each)	200	28	3	8	3	200
Orange Spinach Salad (E & MS)	14.5	3.5	0.5	0	0.5	1
Orange Spinach Salad (HS)	18	4	1	0	1	1
Orange, Mandarin	80	19	0	0	1	10
Orange, small	60	15	0	0	3.1	0
Peaches	70	17	0	0	0	10
Peaches, frozen, 4.4 oz cup	80	19	1.11	0	1	0
Peaches, frz, sliced	118	29.98	0.79	0.16	2.2	8
Pear, raw (1 medium)	51	13	1	0	4	1
Pears, Diced	80	19	0	0	2	15
Peas & Carrots	62	12	3	0	4.16	586
Peas, Blackeyed	120	21	7	1	6	91
Peas, Green	88	16	5	0.5	4	610
Peppers and Onions (2 oz)	33	5.3	0.66	1.33	2	146
Peppers, jalapeno (1 oz)	5	1	0	0	1	510
Pico de gallo (3 oz)	18	3	0	0	0	9
Pineapple	70	17	1	0	1	0
Plum , raw (1 medium)	76	19	1	0	2	0
Potato Salad (2/3 cup)	102	18	1.45	3	1.6	309
Potato, Baked Plain, 70 ct.size	224	49.4	6.5	0	5.9	22
Potato, French Fries	110	20	1	3.5	1	160
Potato, Mashed	70	14	2	1	1	340
Potato, Oven Rst Wedge	130	21	2	4	2	150
Potato, Rounds	110	14	1	6	1	310
Potato, Sweet Fries	130	22	1	4.5	3	170
Raisins (1/4 cup)	130	31	1	0	2	10
Salad, Burger (Elem & MS)	14	7.5	0.8	0.2	1.3	133
Salad, Burger (HS)	28	15	1.6	0.4	2.6	265
Salad, Fruit (Fruit Cocktail)	70	18	0	0	1	10
Salad, Tossed (Elem & MS)	11	3	0.071	0.17	1.17	4.5
Salad, tossed (HS)	22	6	1.42	0.34	2.34	9
Salad, Veggie (line)	16	3	1	0.2	1.4	6.6
Sauce, Marinara (2 oz)	20	4.5	0.84	0.22	0.896	330
Sauce, Marinara cup (2.5oz)	40	7	1	1	2	200
Spinach, Whole Leaf	7	1	1	0	1	24
Strawberry, frozen, 4.5 oz cup	90	22	1	0	2	0
Strawberry, raw	24.5	6	0.5	0	1.5	1
Vegetable, Italian	40	9	1	0	2.6	162
Vegetable, Mixed	80	16	4	0	4	248
Vegetable, Oriental	20	3.33	0.66	0	1.33	3.33
Veggie Tidbits	25	5.4	1.33	0.178	2.17	26
Veggies, Fresh	15	3	0	0	0	18
Watermelon	24	6	0	0	0.6	1
Zucchini Saute	33	4	1.6	1.57	1.38	11

