

NUTRITIONAL INFORMATION* - Fruits/Vegetables

Revised 8/1/22

Items	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Apple, fresh (small)	53	0	0	0	1	13.95	2.4	0
Apple, slices (pouch)	29	0	0	0	1	8	1	0
Applesauce (1/2 c)	52	0	0	0	2	14	1.5	0
Banana, fresh (petite)	90	0	0	0	0	23	2.5	1
Beans, Garbanzo (1/4 c)	53	1	0	0	167	11	2.5	3
Beans, Green (1/2 c)	19	0	0	0	6	4.5	2	1
Beans, Kidney (1/4 c)	65	0	0	0	70	9	2.5	3
Beans, Vegetarian (1/4 c)	60	0	0	0	70	13.5	2.5	3
Beets, sliced (1/4 c)	14	0	0	0	26.5	3	1	0.5
Blueberries, frozen (1/2 c)	40	0.5	0	0	0	9.5	2.2	0
Broccoli, florets (1/4 c)	7	0	0	0	7	1.5	0.5	0.5
Cabbage, red (1/4 c)	5	0	0	0	5	1	0	0
Carrots, baby (1/4 c)	12	0	0	0	27	3	1	0
Cauliflower, florets (1/4 c)	6	0	0	0	7.5	1	0.5	0.5
Celery sticks (1/4 c)	6	0	0	0	30	1	0.5	0
Corn, frozen (1/2 c)	66	0.5	0	0	1	16	2	2
Corn Cobbette (each)	38	0	0	0	2	9	1	1
Cranberries, dried (pouch)	110	0	0	0	0	27	3	0
Cucumbers, sliced (1/4 c)	4	0	0	0	0.5	1	0	0
Cucumber Salad (1/2 c)	34	1	0	0	175	6.5	0.5	0.5
Fruit Mix (1/2 c)	69	0	0	0	8	18	1	0
Grapefruit, fresh (1/2 medium)	41	0	0	0	0	10	1.5	1
Grapes, fresh (1/2 c)	31	0	0	0	1	8	0.5	0
Jalapenos (1/8 c)	2	0	0	0	145	0.5	0.5	0
Jicama, sliced (1/4 c)	11	0	0	0	0	2.5	1.5	0

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Juice Bar, frozen	40	0	0	0	5	10	2	0
Kiwi, fresh (medium)	46	0	0	0	0	11	2	0.5
Lettuce, shredded (1/2 c)	3	0	0	0	2.5	1	0	0
Lettuce, romaine (1/2 c)	5	0	0	0	2	1	0.5	0
Lime, fresh (medium)	20	0	0	0	0	7	2	0
Mandarin, fresh (medium)	47	0	0	0	2	12	2	1
Mushrooms, sliced (1/4 c)	4	0	0	0	1	0.5	0	0.5
Nectarine, fresh (medium)	62	0	0	0	0	14	2	1
Onions, sliced (1/4 c)	12	0	0	0	1	2.5	0.5	0
Orange, fresh (medium)	62	0	0	0	0	15	3	1
Peaches, canned (1/2 c)	52	0	0	0	10	13.5	1	0.5
Peaches, fresh (medium)	59	0	0	0	0	14	2	1
Peach cup, frozen	118	0	0	0	8	30	2	1
Pears, canned (1/2 c)	58	0	0	0	2.5	15	2	0
Pear, fresh (medium)	101	0	0	0	2.5	27	5.5	0.5
Peas, frozen (1/2 c)	62	0	0	0	58	11	1.5	4
Persimmon, fresh (medium)	118	0	0	0	0	31	6	1
Pickles, dill (1/8 c)	2	0	0	0	170	0.5	0	0
Pineapples, canned (1/2 c)	66	0	0	0	1	17	1	0.5
Plum, fresh (medium)	31	0	0	0	0	7.5	1	0.5
Radishes, sliced (1/4 c)	5	0	0	0	11	1	0.5	0
Raisins, box	120	0	0	0	5	29	2	1
Salad/Spinach Mix (1/2 c)	4	0	0	0	8.5	1	0	0
Salsa, canned (1/4 c)	22	0	0	0	70	4	1	1
Spinach, fresh (1/2 c)	3	0	0	0	12	0.5	0	0.5
Strawberry cup, frozen	122	0	0	0	4	33	2.5	0.5
Sidekicks, Frozen Fruit (Assorted Flavors)	90	0	0	0	20	23	0	0

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Strawberries, fresh (1/2 cup)	24	0	0	0	1	6	1.5	0.5
Tomatoes, cherry (1/4 c)	7	0	0	0	2	1.5	0.5	0
Tomatoes, chopped/sliced (1/4 c)	8	0	0	0	2	1.5	0.5	0.5
Watermelon, sliced (1/2 c)	24	0	0	0	0	6	0.5	0.5
Zucchini, sliced (1/4 c)	6	0	0	0	2.5	1	0	0

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