

**THE COMPOSITION OF SELECTED VEGETABLES**

(All values given are per 100g edible material as normally prepared for eating)

Commodity	Water	Fiber	Starch	Sugar	Total	Ash	Fat	Protein	Calories	Ascorbic	Carotene	Thiamine	Riboflavin	Niacin	Folic	Calcium	Iron
	(g)	(g)	(g)	(g)	Acidity	(g)	(g)	(g)	(kcal)	acid	(mg)	(mg)	(mg)	(mg)	acid	(mg)	(mg)
					(m-equiv.)			(N x 6.25)		(mg)					(pg)		
Artichoke (globe)	80-86	0.8-3.2	--	--	7.6	1.1-1.2	0.3-0.4	0.5-4.5	17-70	5-33	0.06	0.2	0.01-0.17	0.1	--	19-74	0.2-1.0
Artichoke (Jerusalem)	80	0.8	--	7.2-14	--	1.2	0.1	2.2	19-78	5(raw)	--	0.2 (raw)	Tr (raw)	--	--	30	0.4
Asparagus	93	0.7	0.4	1.3-2.3	0.8	0.7	0.2	2.2-3.9	9-27	13-41	0.38-0.55	0.1-0.23	0.08-0.3	0.8-1.5	25-156	13-28	0.5-2.0
Beans (broad)	64-89	0.6-0.9	--	--	--	0.8-1.1	0.1-1.9	2.9-4.1	43-48	15-37	0.02-0.23	0.28-0.36	0.04-0.24	2.0-4.0	--	21-47	1.0-3.0
Beans (green)	89-92	1.0-3.0	0.2-2.2	0.4-2.7	5.4-7.7	0.5-1.7	Tr-0.4	1.1-2.4	7-42	5-28	0.02-0.6	0.04-0.24	0.05-0.14	0.2-1.14	12-48	30-65	0.5-3.0
Beans (lima)	67	1.5-2.6	9.9-14	1.1-2.0	28.4	1.7	0.8-1.9	2.9-7.5	73-138	--	--	0.2-0.6	0.15-0.3	1.5-3.0	--	--	--
Beets	83-89	0.6-3.1	0	6.0	10.9	0.8-1.1	Tr-0.7	1.3-1.8	44-58	Tr-6	Tr-0.1	0.01-0.03	0.01-0.06	0.06-0.4	20 (raw)	15-32	0.4-2.0
Broccoli	89-91	1.3-1.5	0	0.4-1.9	3.2-9.3	1.1	Tr-0.3	3.1-4.0	--	40	2.5	0.06	0.2	0.6	50 (raw)	160	1.5
Brussels sprouts	84-89	1.3-3.6	0-1.0	3.6	11.0	1.1-1.3	Tr-0.5	2.4-4.4	16-58	35-128	0.18-0.7	0.06-0.13	0.09-0.19	0.4-1.04	14-86	10-53	0.1-2.0
Cabbage	86-93	0.6-3.4	0	3.3-3.8	2.6-5.6	0.3-3.4	Tr-0.7	1.4-3.3	8-36	20-220	Tr-4.8	0.03-0.17	0.03-0.21	0.15-1.55	20 (raw)	30-204	0.5-1.0
Carrot	84-95	0.6-2.9	0	5.4-7.5	9.0-10.8	0.6-2.6	Tr-0.7	0.6-2.0	19-47	4-58	6-13.6	0.04-0.07	0.03-0.05	0.2-1.16	10 (raw)	29-57	0.2-1.0
Cauliflower	84-92	0.8-1.5	0.4	2.4-2.6	5.3	0.7-0.9	Tr-0.3	1.8-3.4	11-34	8-114	Tr-0.04	0.04-0.13	0.04-0.1	0.25-0.89	30 (raw)	13-43	0.2-1.0
Celery	89-96	0.7-2.7	0.1	1.0-1.2	7.8-8.4	1.1-1.6	Tr-0.5	0.7-2.0	5-22	5-15	0-0.8	0.02-0.5	0.02-0.4	0.2-0.4	7 (raw)	31-53	0.5-9.0
Chard	91-94	0.6-1.6	0.1	0.8	15.8	1.0-1.5	0.2-0.4	1.5-2.6	16	63-72	1.4-2.0	0.06-0.07	0.06-0.14	0.61-1.14	--	105-176	1.4-4.0
Cucumber	91-97	0.3-0.5	0	1.8-2.6	2.2-7.9	0.3-0.5	Tr-0.2	0.6-1.4	9-16	8-19	0-0.04	0.02-0.1	0.02-0.11	0.1-0.6	6	15-23	0.3-0.5
Egg plant	89-94	0.9-2.5	0.2	2.1-3.4	4.5-6.3	0.4-0.6	Tr-0.7	0.7-2.4	15-38	3-5	Tr-0.07	0.05	0.02-0.04	0.5-0.8	--	10-36	0.4-1.0
Endive	93-94	0.8-2.2	0	1.0	5.4-7.0	0.9	Tr-0.2	1.6-1.8	11-24	12	2.0	0.06	0.1	--	--	44	2.8
Gourd (Wax)	80-96	0.3-0.8	--	--	--	0.3	0.1	0.7	28	15-27	0.02	0-0.04	0.01-0.03	0.3-0.6	--	21	0.48
Kohlrabi	69-90	1.1	--	2.2	8.0	1.1-4.4	0.1	2.1	3-6	--	--	--	--	--	--	--	--
Leek	71-92	1.0-3.1	0	6.0	7.0	0.5-0.9	Tr-0.4	1.3-2.5	25-52	15-32	0.04-1.46	0.06-0.8	0.06-0.1	0.39-0.5	--	50-85	1.0-2.0
Lettuce	92-97	0.3-1.4	0	1.1-2.2	3.8-7.4	0.2-1.0	Tr-0.5	0.8-1.6	11-27	3-33	0.15-7.8	0.04-0.14	0.03-0.1	0.2-0.5	20	17-107	0.5-4.0
Mustard and Cress	92-93	1.8-3.7	0	0.4-0.9	-2.3	1.2	Tr-0.3	1.6-2.4	10-28	30-102	3.5-5.0	0.04-0.09	0.09-0.2	0.36-0.8	29-43	65-220	1.3-4.0

<b>Onion</b>	81-93	0.5-1.3	0-0.5	5.2-6.7	0.5-1.5	0.4-0.9	Tr-0.35	0.9-2.2	13-49	6-10	0-0.06	0.02-0.03	0.02-0.04	0.1-0.2	--	24-52	0.2-0.3
<b>Parsley</b>	79-89	0.9-9.1	0	Tr	--	1.4-2.4	Tr-1.0	3.7-5.2	21-60	110-200	4.4-8.8	0.09-0.2	0.18-0.6	0.53-1.8	40	139-325	2.3-19.0
<b>Parsnip</b>	79-83	2.2-4.0	2.4-2.5	8.8-9.5	7.5-12.0	1.15	Tr-0.5	1.5-1.7	56-83	10-18	Tr	0.07-0.11	0.09	0.2-0.7	20 (raw)	36-57	0.5-0.6
<b>Pea</b>	65-81	1.8-5.2	3.9-12.3	2.3-7.4	1.2-1.3	0.75-1.05	Tr-0.8	4.6-8.2	49-138	12-35	0.18-0.5	0.25-0.52	0.06-0.14	1.3-3.3	8-46	13-52	1.2-3.0
<b>Peppers</b>	70-93	0.5-2.7	4.2	1.7-13.9	1.7	0.3-0.7	0.1-0.7	1.2-2.0	29-37	73-342	0.15-2.7	0.03-0.1	0.02-0.18	0.3-2.17	--	10-29	0.7-1.0
<b>Pumpkin</b>	80-96	0.5-1.3	0.7-2.6	2.5-2.7	1.5-7.8	0.8-1.4	Tr-0.2	0.6-1.8	15-36	4-20	0.17-5.9	0.04-0.05	0.03-0.08	0.4-0.9	--	20-66	0.3-0.5
<b>Potato</b>	76-85	0.3-2.1	10.6-20.3	0.3-1.1	7.0-10.3	0.6-1.3	Tr-0.1	1.6-2.3	75-102	8-64	Tr-0.03	0.04-0.16	0.02-0.04	0.3-5.1	6 (raw)	4-13	0.5-1.0
<b>Radish</b>	92-95	0.5-1.0	0	2.8-3.4	2.9-7.2	0.4-1.0	Tr-1.1	0.7-1.2	15-22	6-43	Tr-0.04	0-0.04	0.01-0.08	0.2-0.65	10	25-52	0.3-1.0
<b>Spinach</b>	91-93	0.6-0.8	--	0.3	27.0-39.6	0.5-1.5	0.3	2.3-5.1	16-35	1-59	2.88-7.35	0.05-0.15	0.08-0.24	0.35-0.75	53-129	60-595	0.8-4.0
<b>Squash</b>	86-95	0.3-1.4	0.2-1.0	1.0-3.9	1.0-2.6	0.2-0.9	0.03-0.23	0.6-1.5	19-44	3-46	Tr-4.3	0.02-0.1	0.01-0.1	0.2-1.4	8-23	9-40	0.2-2.0
<b>Sweet corn</b>	57-80	0.6-1.1	8.7-21.6	3.2-5.2	-2.0	0.6-1.0	0.8-2.1	2.9-4.5	108-142	10	0-0.06	0.15	0.1	1.7	--	9	0.7
<b>Sweet potato</b>	60-80	0.5-1.7	10.8-29.5	5.4-6.0	6.7	0.5-1.1	0.04-0.7	1.4-2.8	98-125	7-68	Tr-12	0.1-0.15	0.03-0.06	0.41-1.56	10 (raw)	14-45	0.6-1.0
<b>Tomato</b>	90-96	0.4-1.8	0-0.6	1.2-3.4	5.6-13.4	0.4-0.7	Tr-1.26	0.7-1.2	14-23	19-48	0.19-1.45	0.04-0.11	0.02-0.12	0.45-0.91	5	5-14	0.4-1.0
<b>Turnip</b>	87-93	0.7-2.8	0	3.8-4.6	2.7-6.5	0.5-0.7	Tr-0.2	0.6-1.1	11-35	17-37	Tr-0.01	0.03-0.07	0.03-0.06	0.4-0.94	4 (raw)	30-65	0.1-0.3
<b>Watercress</b>	90-94	0.5-3.3	0.1	0.6	7.5-12.0	0.7-1.6	Tr-0.6	1.7-3.1	15-29	37-153	1.64-6.84	0.05-0.2	0.09-0.3	0.36-1.38	50	63-222	1.3-5.0

The ranges given in these tables are based on results drawn from many published sources. The wideness of the range in some cases is probably due in part to differences in the methods used as well as to variations in the materials. Information has been drawn from numerous research reports on individual commodities but the following general publications have provided the bulk of the data used.

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