

## NUTRITION INFORMATION

	Broccoli	Carrots	Onions	Lettuce	Tomato	Cauliflower	Gr Peppers	Celery	Cabbage
Kilocalories (Kc)	24.6	55.04	60.8	6.6	25.3	25	24.84	19.2	22.25
Protein (Gm)	2.62	1.32	1.86	0.56	1.83	1.98	0.819	0.9	1.28
Carbohydrates (Gm)	4.61	13	13.81	1.15	5.02	5.2	5.916	4.38	4.83
Fat (Gm)	0.308	0.243	0.256	0.104	0.3	0.21	0.175	0.168	0.24
Cholesterol (mg)	0	0	0	0	0	0	0	0	0
Saturated Fat (Gm)	0.05	0.004	0.042	0.014	0.04	0.032	0.026	0.044	0.029
Monounsaturated Fat (Gm)	0.02	0.01	0.037	0.004	0.044	0.014	0.012	0.032	0.017
Polyunsaturated Fat (Gm)	0.15	0.099	0.099	0.055	0.12	0.099	0.094	0.083	0.109
Sodium (mg)	23.76	44.8	4.8	4.95	66.36	30	1.84	104.4	16.02
Potassium (mg)	286	413.4	251.2	86.9	335	303	162.84	344.4	218.94
Iron (mg)	0.77	0.64	0.35	0.275	0.743	0.44	0.423	0.48	0.525
Calcium (mg)	42.2	34.56	32	10.45	7.9	22	8.28	48	41.83
Phosphorous (mg)	58.08	56.32	52.8	11	45.8	44	17.48	30	20.47
Vitamin A (RE)	135.5	3600	0	18.15	237	2	57.96	15.6	11.57
Vitamin C (mg)	82.02	11.9	10.24	2.15	25.3	46.4	82.16	8.4	28.66
Dietary Fiber (Gm)	2.64	3.84	2.88	0.77	1.42	2.5	1.656	2.04	2.05
Sugar (Gm)									
1 Cup Weight	88	128	160	55	158	100	92	120	89

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