

## Vegetables

Diet ingredient	Green peppers, raw	Celery, raw	Carrots, raw	Onion, raw (no stems or ends)	Cauliflower, raw (no stalks or cores)	Broccoli, raw (no leaves)
Moisture (%)*,**	93.9	95.4	88.3	89.1	91.9	89.3
Gross Energy (kcal/kg)	3273	3501	3501	3673	3090	3178
Crude Protein (%)	14.1	15.1	7.9	10.1	24.5	26.4
Crude fat (%)	2.8	3.7	2.0	0.9	1.2	3.5
Ash (%)	7.0	16.4	8.3	3.2	8.8	8.1
Total Carbohydrate (%)	75.9	65.0	81.8	85.8	65.5	62.1
Crude Fiber (%)	27.8	35.0	23.9	15.6	30.9	24.3
Sugars (%)	39.3	40.0	40.5	38.9	29.7	15.9
Starch (%)	0.0	0.0	12.2	0.0	***	0.0
Ca (mg/kg)	1637	8753	2818	2112	2719	4393
P (mg/kg)	3273	5252	2989	2663	5439	6168
Fe (mg/kg)	55.6	43.8	25.6	19.3	54.4	68.2
Cu (mg/kg)	10.8	7.7	3.8	3.6	5.2	4.6
Mn (mg/kg)	20.0	22.5	12.2	11.8	19.3	19.6
Zn (mg/kg)	21.3	28.4	20.5	15.6	34.6	38.3
Se (mg/kg)	0.0	0.1	0.0	0.0	0.1	0.2
Mg (mg/kg)	1637	2407	1025	918	1854	1963
Na (mg/kg)	491	17505	5892	367	3708	3084
K (mg/kg)	28642	56893	27327	13407	37454	29533
Vit C (mg/kg)	13158.8	678.3	503.8	679.5	5735.5	8336.4
Thiamin (mg/kg)	9.3	4.6	5.6	4.2	7.0	6.6
Riboflavin (mg/kg)	4.6	12.5	5.0	2.5	7.8	10.9
Niacin (mg/kg)	78.6	70.0	83.9	10.7	65.0	59.7
Pantothenic acid (mg/kg)	16.2	53.8	23.3	11.3	80.6	53.6
Pyridoxine (mg/kg)	36.7	16.2	11.8	11.0	27.4	16.4
Folate (mg/kg)	1.6	7.9	1.6	1.7	7.0	5.9
Oxalate (mg/kg)	6547	41575	42699	4591	18541	17757
Choline (mg/kg)	900	1335	751	560	5587	1748
Vit B12 (ug/kg)	0.0	0.0	0.0	0.0	0.0	0.0
Retinol (ug/kg)	0.0	0.0	0.0	0.0	0.0	0.0
β carotene (mg/kg)	34.0	59.1	707.5	0.1	1.0	33.7
Vit E (mg/kg)	60.6	59.1	56.4	1.8	9.9	72.9
Vit K (mg/kg)	1.2	6.4	1.1	0.0	2.0	9.5
Conversions for measuring (c=cup; L= large; S= small)	1 c chopped = 149 g; 1 L = 164 g	1 c chopped = 101 g; 1 L stalk = 64 g	1 c chopped = 128 g; 1 L = 72 g	1 L = 150 g; 1 S = 70 g	1 c = 100 g	1 c chopped = 91 g; 1 spear = 31g

\*All nutrients, except moisture, are presented on a Dry Matter Basis for accurate comparison

\*Data gathered from USDA Nutrient Data Laboratory (<http://www.nal.usda.gov/fnic/foodcomp/search/>)

\*\*\*Blank entries reflect lack of data

Updated 12/08