

Low Carbe Diem

The Big List: Carbs in 100 Fruits and Vegetables

Use this master fruit and vegetable list as a low carb diet reference. It has the complete nutrition information of 100 fruits and vegetables.

Carbohydrates in Vegetables

Source: USDA

Vegetable	Serving	Carbs	Fiber	Fat	Protein	Cal
Artichoke	1 each	13.4	6.5	0.2	4.2	60
Asparagus spears	6 each	3.8	1.4	0.3	2.3	22
Beans, green	0.5 cup	4.9	2.0	0.2	1.2	22
Bok Choi	1 cup	1.5	0.7	0.1	1.1	9
Broccoli	0.5 cup	3.9	2.3	0.3	2.3	22
Brussels sprouts	6 each	10.9	3.3	0.6	3.2	49
Cabbage, green	0.5 cup	1.9	0.8	0.1	0.4	8
Cabbage, red	0.5 cup	1.9	0.8	0.1	0.5	9
Cabbage, sauerkraut	0.5 cup	5.1	3.0	0.2	1.1	22
Cabbage, savoy	0.5 cup	2.1	1.1	0.0	0.7	9
Carrots, medium	1 each	7.3	2.2	0.1	0.7	31
Cauliflower	6 each	4.4	2.9	0.5	2.0	25
Celery stalk	1 each	1.5	0.7	0.1	0.3	6
Celery, chopped	1 Tbs	0.3	0.1	0.0	0.1	1
Chili Pepper	1 each	0.0	0.0	0.0	0.0	20
Chilies, green, chopped	1 Tbs	0.5	0.5	0.0	0.0	3
Collards	4 oz-wt	7.3	4.1	0.4	3.1	37
Corn	0.5 cup	16.0	2.0	0.4	2.3	66

Cucumber, English	1 each	4.0	1.1	0.3	0.9	19
Cucumber, small	0.5 each	2.5	0.7	0.2	0.6	12
Eggplant	0.5 cup	3.3	1.2	0.1	0.4	14
Eggplant, Italian	0.5 cup	3.3	1.2	0.1	0.4	14
Endive	0.5 cup	1.8	1.4	0.0	0.4	8
Escarole	0.5 cup	0.8	0.8	0.1	0.3	4
Fennel	0.5 cup	3.2	1.3	0.1	0.5	13
Greens, mixed	1 cup	1.6	1.2	0.1	0.9	9
Kale	0.5 cup	3.7	1.3	0.3	1.2	18
Leeks	1 each	12.6	1.6	0.3	1.3	54
Lettuce, butter head	1 cup	1.3	0.6	0.1	0.7	7
Lettuce, romaine	1 cup	1.3	1.0	0.1	0.9	8
Mushroom, portabello	0.5 cup	1.4	0.4	0.1	1.0	9
Mushrooms, dried	2 Tbs	8.9	2.9	0.7	5.6	64
Mushrooms, fresh	0.5 cup	1.4	0.4	0.1	1.0	9
Okra	4 oz, wt.	7.5	2.5	0.3	1.9	34
Onions	1 each	9.5	2.0	0.2	1.3	42
Onions, green	0.25 cup	1.8	0.7	0.0	0.5	8
Peas, podded	0.5 cup	5.6	2.2	0.2	2.6	34
Peas, green	0.5 cup	9.9	3.4	0.3	3.8	55
Peas, Snow/Chinese, frozen	0.5 cup	9.8	3.4	0.3	3.7	55
Peas, Snow/Chinese, cooked	0.5 cup	5.6	1.4	0.0	2.6	34
Pepper, green	0.5 cup	4.8	1.3	0.1	0.7	20
Pepper, red	0.5 cup	4.8	1.5	0.1	0.7	20
Peppers, jalapeno	1 each	0.8	0.4	0.1	0.2	4
Peppers, roasted	0.5 each	2.4	0.4	0.1	0.3	10
Potato, sweet	1 each	22.4	3.1	0.1	1.8	95
Potato, white	0.5 cup	15.4	1.5	0.1	1.4	66
Pumpkin	0.5 cup	9.9	3.6	0.3	1.3	42
Radicchio	0.5 cup	0.9	0.2	0.1	0.3	5
Radishes	6 each	1.0	0.4	0.1	0.2	5
Rhubarb	0.5 cup	2.8	1.1	0.1	0.5	13
Shallots	0.25 cup	6.7	0.3	0.0	1.0	29
Spinach, uncooked	1 cup	1.1	0.8	0.1	0.9	7

Squash, acorn	0.5 cup	14.9	4.5	0.1	1.1	57
Squash, butternut	0.5 cup	10.8	2.9	0.1	0.9	41
Squash, spaghetti	0.5 cup	5.0	1.1	0.2	0.5	21
Squash, summer	0.5 cup	2.5	1.1	0.1	0.7	11
Squash, zucchini	1 each	5.7	2.4	0.3	2.3	27
Swiss chard	0.5 cup	0.7	0.3	0.0	0.3	3
Tomato, plum	1 each	4.2	1.0	0.3	0.8	19
Tomato, small	1 each	4.2	1.0	0.3	0.8	19
Tomatoes, canned	0.5 cup	5.2	1.2	0.2	1.1	23
Tomatoes, cherry	6 each	4.7	1.1	0.3	0.9	21
Tomatoes, chopped	0.5 cup	3.5	0.8	0.2	0.6	16
Tomatoes, sun dried, oil-packed	0.25 cup	6.4	1.6	3.9	1.4	59
Turnips	0.5 cup	3.8	1.6	0.1	0.6	16
Water Chestnuts	0.5 cup	8.7	1.8	0.0	0.6	35
Watercress	0.5 cup	0.2	0.2	0.0	0.4	2

Carbohydrates in Fruits & Fruit Juices

Source: USDA

Fruit	Serving	Carbs	Fiber	Fat	Protein	Cal
Apple, medium	1 each	21.0	3.7	0.5	0.3	81
Apple sauce	0.25 cup	6.9	0.7	0.0	0.1	26
Apricots, dried	0.25 cup	24.9	3.6	0.2	1.5	96
Apricots, fresh	1 each	3.9	0.8	0.1	0.5	17
Avocado whole raw	1 med	15	10	27	4.8	340
Avocado (California or Haas)	1 med	18	12	25	5	276
Banana, small	1 each	23.7	2.4	0.5	1.0	93
Blackberries	0.25 cup	4.6	1.9	0.1	0.3	19
Blueberries	0.25 cup	5.1	1.0	0.1	0.2	20
Cantaloupe	0.25 cup	3.3	0.3	0.1	0.4	14
Cherries	0.25 cup	4.8	0.7	0.3	0.4	21
Cranberries, raw	0.25 cup	3.0	1.0	0.0	0.1	12

Currants, dried	0.25 cup	26.7	2.4	0.1	1.5	102
Dates, chopped	0.25 cup	32.7	3.3	0.2	0.9	122
Figs, dried	0.25 cup	32.5	5.8	0.6	1.5	127
Figs, fresh	1 each	9.6	1.7	0.2	0.4	37
Grapes	0.25 cup	7.1	0.4	0.2	0.3	28
Honeydew Melon	0.25 cup	3.9	0.3	0.0	0.2	15
Kiwifruit	1 each	11.3	2.6	0.3	0.8	46
Mango	0.25 cup	7.0	0.7	0.1	0.2	27
Nectarine	1 each	16.0	2.2	0.6	1.3	67
Orange	1 each	16.3	3.4	0.1	1.4	64
Papaya	0.25 cup	3.4	0.6	0.0	0.2	14
Peach, medium	1 each	10.9	2.0	0.1	0.7	42
Pear, medium	1 each	25.1	4.0	0.7	0.6	98
Pineapple	0.25 cup	4.8	0.5	0.2	0.2	19
Plums	1 each	8.6	1.0	0.4	0.5	36
Prunes	0.25 cup	26.7	3.0	0.2	1.1	102
Raspberries	0.25 cup	3.6	2.1	0.2	0.3	15
Seedless Raisins	0.25 cup	32.6	1.7	0.2	1.3	124
Strawberries	0.25 cup	2.7	0.9	0.1	0.2	11
Tangerine	1 each	7.8	1.6	0.1	0.4	31
Watermelon	0.25 cup	2.8	0.2	0.2	0.2	12
Fruit Juices						
Apple Juice	0.5 cup	14.5	0.1	0.1	0.1	58
Cranberry Juice	0.5 cup	18.2	0.1	0.1	0.0	72
Grape Juice	0.5 cup	18.9	0.1	0.1	0.7	77
Grapefruit Juice	0.5 cup	11.1	0.1	0.1	0.6	47
Grapefruit Juice, unsweetened	0.5 cup	9.2	1.4	0.1	0.7	37
Lemon/Lime Juice	1 Tbs	1.3	0.1	0.0	0.1	4
Orange Juice	0.5 cup	13.4	0.2	0.1	0.8	56
Tomato Juice	0.5 cup	5.1	0.5	0.1	0.9	21