Non-Starchy Vegetables & Fruit

Food	Serving Size	Cals	Carbs (g)	Fiber (g)	Bonus Nutrients													
					Folate	Iron	Magnesium	Niacin	Polyphenols	Potassium	Riboflavin (B2)	Soluble Fiber	Thiamine	Carotenoids	Vitamin B6	Vitamin C	Vitamin E	Vitamin K
Acorn Squash	1/2 cup	57	15.0	4.5			x						x			x		
Apricot	1 each	17	3.9	0.7					x					x		x		
Arugula, raw	1 cup	5	0.7	0.3	x									x		x		x
Asparagus	1/2 cup	20	3.7	1.8	x						x		x					x
Beet Greens, raw	1/2 cup	19	3.9	2.1			x			x	x			x		x	x	x
Beets	1/2 cup	37	8.5	1.7	x				x									
Blackberries	1/2 cup	31	6.9	3.8					x							x	x	x
Blueberries	1/2 cup	42	10.7	1.8					x							x		x
Bok Choy, raw	1/2 cup	10	1.5	0.9	x									x		x		x
Broccoli	1/2 cup	27	5.6	2.6	x				x		x	x		x	x	x		x
Broccoli Raab (Rapini)	1/2 cup	20	2.4	2.2	x		x	x			x		x	x	x	x	x	x
Brussels Sprouts	1/2 cup	28	5.5	2.0	x				x							x		x
Butternut Squash	1/2 cup	41	10.8	3.3			x							x		x		
Carrots	1/2 cup	27	6.4	2.3								x		x				
Cauliflower	1/2 cup	13	2.7	1.1	x											x		x
Cherries	1/2 cup	49	12.3	1.6					x							x		
Collard Greens	1/2 cup	31	5.4	3.8							x			x		x		x
Cranberries	1/2 cup	23	6.0	1.8												x	x	
Cress, raw	1 cup	16	2.8	0.6	x					x	x			x	x	x		x
Dandelion Greens, raw	1 cup	25	5.1	1.9		x					x		x	x	x	x	x	x
Eggplant	1/2 cup	17	4.3	1.2					x			x						
Endive, raw	1 cup	9	1.7	1.6	x									x				x
Escarole	1/2 cup	11	2.3	2.1	x													x
Fennel Bulb	1/2 cup	13	3.2	1.3												x		x
Figs	3 small	89	23.0	3.5					x									
Grapefruit	1/2 cup	48	12.3	1.8					x			x		x		x		
Green Beans	1/2 cup	22	4.9	2.0	x							x						x
Green Cabbage	1/2 cup	20	4.7	1.6	x											x		x
Guava	1/2 cup	56	11.8	4.5	x					x		x		x		x		
Hubbard Squash	1/2 cup	41	11.1	5.0			x							x				
Jicama	1/2 cup	23	5.3	2.0		x										x		
Kale, raw	1 cup	22	2.8	2.3	x				x			x		x	x	x		x
Kiwi	1 each	46	11.0	1.9	x							x				x		x
Kohlrabi	1/2 cup	18	4.2	2.4												x		
Leeks	1/2 cup	27	6.3	0.8	x									x	x	x		x
Mustard Greens, raw	1 cup	15	2.6	1.8										x		x	x	x
Nectarine	1 small	50	13.7	2.2				x				x						
Okra	1/2 cup	18	3.6	2.0	x		x									x		x
Orange	1 small	45	11.3	2.1	x							x	x			x		
Oyster Mushrooms	1/2 cup	14	2.6	1.0				x			x							
Peach, with skin	1 small	55	12.4	2.0					x			x				x		
Pear, with skin	1 small	84	22.5	4.6					x			x						
Pumpkin	1/2 cup	42	9.9	3.6		x	x				x			x				x
Radicchio	1/2 cup	5	0.9	0.2	x									x			x	x
Raspberries	1/2 cup	32	7.3	4.0					x							x		
Red Bell Pepper	1/2 cup	19	4.5	1.6	x									x	x	x		
Red Cabbage	1/2 cup	11	2.6	0.7					x						x	x		x
Romaine Lettuce, raw	1 cup	8	1.5	1.0	x									x				x
Shiitake Mushrooms	1/2 cup	15	2.9	1.1				x			x				x			
Spinach, raw	1 cup	7	1.1	0.7	x	x			x	x		x		x		x	x	x
Strawberries	1/2 cup	24	5.8	1.5					x			x				x		
Sweet Potato	1/2 cup	90	20.7	3.3			x				x			x	x	x		
Swiss Chard, raw	1 cup	7	1.3	0.6			x							x		x	x	x
Tangerines	1/2 cup	52	13.0	1.8					x							x		
Tomatoes	1/2 cup	16	3.5	1.1										x		x		
Turnip Greens, raw	1 cup	31	6.8	3.1	x									x	x	x	x	x
Watercress, raw	1 cup	6	0.7	0.3										x		x		x
White Mushrooms	1/2 cup	8	1.1	0.4				x			x							
Zucchini	1/2 cup	14	2.4	0.9												x		

Reference
https://fdc.nal.usda.gov/