

Carb Count of Common Vegetables

Vegetable	Carbs	Vegetable	Carbs
Beans, black, canned	21	Lettuce Iceberg, 1 cup	1.6
great northern	18	Leaf, 1 cup	1.6
kidney, canned	19	Romaine, 1 cup	1.8
navy, boiled	24	Mushrooms, canned	4
green, canned	3	Shitake, cooked	10
green, boiled	5	White, cooked	4
lima	18	White, raw	1
yellow, canned	3	Okra, boiled	3.5
yellow, boiled	5	Onions, cooked	10.5
pinto, boiled	23	raw	8
white	28	Green w/tops	3.5
Beets, canned	6	Parsnips, cooked	13
boiled	8.5	Peas, with pods	6
Bell peppers, raw	4	Green, cooked	10
Broccoli, cooked	5.5	Potatoes, baked w/skin, 1	43
raw	3	baked, no skin, 1	34
Brussels Sprouts	7	peeled, boiled	16
Cabbage, cooked	4	hash browns	27
raw	2	mashed	18.5
Collards, cooked	4.5	scalloped	13
Corn on the cob, 1 ear	16	Pumpkin, canned	10
canned	20	cooked	6
cream style	23	Spinach, canned	4
Cucumber, peeled raw	1	boiled	3
Eggplant, cooked	4	raw	>1
Endive, raw	>1	Squash, summer, cooked	4
Kale, cooked	4	Summer, raw	2
Kohlrabi, cooked	5.5	Winter, cooked	9
Lentils, cooked	20	Sweet Potato, cooked	25
		Tomatoes, raw	3.5
		cooked	8

*All carbohydrate measurements based on servings of one half cup, unless specified otherwise.
Chart compiled by Charlene @ A Pinch of Joy from USDA National Nutrient Database*