

KETO VEGETABLES LIST

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FOOD	SERVING	NET CARBS
Kale	1 cup	0.05
Bean Sprouts	1 cup	0.1
Broccoli Rabe	1 cup	0.2
Watercress	1 cup	0.3
Ginger	1 tsp	0.4
Arugula	1 cup	0.4
Spinach	1 cup	0.45
Jalapeno	1 med	0.5
Lettuce	1 cup	0.5
Swiss Chard	1 cup	0.75
Bok Choy	1 cup	0.8
Mustard Greens	1 cup	0.8
Collard Greens	1 cup	0.8
Garlic	1 clove	0.9
Shallots	1 tbsp	1.36
Celery	1 cup	1.4
Pickles	1 cup	1.6
Olives	10 large	1.8
Nopal	1 cup	1.9
Radish Slices	1 cup	2
Mushrooms	1 cup	2
Asparagus	1 cup	2.2
Cabbage (Green)	1 cup	2.3
Eggplant	1 cup	2.3
Avocado	1 med	2.55
Yellow Squash	1 cup	2.6
Cucumber	1 med	2.96
Cauliflower	1 cup	3.2
Chili Pepper	1 med	3.3
Fennel	1 cup	3.3
Cabbage (Red)	1 cup	3.5
Kohirabi	1 cup	3.5
Green Beans	1 cup	3.6
Okra	1 cup	3.8
Rhubarb	1 cup	3.8
Tomato	1 med	4
Broccoli	1 cup	4
Zucchini	1 med	4
Carrots	1 med	4.3
Green Onions	1 cup	4.4
Bamboo Shoots	1 cup	4.5
Brussels	1 cup	4.5
Jicama	1 cup	4.6
Snow Peas	1 cup	4.9
Artichoke	1 med	5
Poblano Pepper	1 med	5.3
Spaghetti Squash	1 cup	5.46
Turnip	1 med	5.8
Pumpkin	1 cup	7.4
Bell Pepper	1 cup	7.5
Onion	1 med	8.6
Rutabaga	1 cup	8.8
Leek	1 cup	11.4
Celeriac	1 cup	11.6



SOURCE: The USDA FoodData Central App, <https://fdc.nal.usda.gov/fdc-app.html#/>

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