



# NUTRITIONAL GUIDE

## BELOW THE GROUND

		Serving Size* (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Cholesterol (%DV)	Sodium (%DV)	Potassium (%DV)	Calcium (%DV)	Iron (%DV)
Potato, Yellow	<i>about 1 standard potato</i>	213	164	0.19	-	-	37	3	2	4	-	1	26	2	12
Potato, Yellow	<i>about 1 small potato</i>	170	131	0.15	-	-	30	3	1	3	-	0	20	2	9
Potato, Russet	<i>about 1 standard potato</i>	213	168	0.17	-	-	38	3	1	5	-	0	25	3	13
Potato, Russet	<i>about 1 small potato</i>	170	134	0.14	-	-	31	2	1	4	-	0	20	2	10
Potato, White	<i>about 1 standard potato</i>	213	147	0.21	-	-	33	5	2	4	-	1	25	2	8
Potato, White	<i>about 1 small potato</i>	170	117	0.17	-	-	27	4	2	3	-	1	20	1	6
Potato, Red	<i>about 1 standard potato</i>	213	24	0.05	-	-	5	1	0	1	-	0	4	0	2
Potato, Red	<i>about 1 small potato</i>	170	30	0.06	-	-	7	1	1	1	-	0	5	0	2
Potato Creamers (Red)	<i>about 4 creamer potatoes</i>	110	80	0.10	-	-	19	2	1	2	-	0	13	1	5
Potato Creamers (Yellow)	<i>about 4 creamer potatoes</i>	110	80	0.10	-	-	19	2	1	2	-	0	13	1	5
Potato Creamers (Fingerling)	<i>about 2 fingerling potatoes</i>	110	80	0.10	-	-	19	2	1	2	-	0	13	1	5
Beet - Red/Golden	<i>about 1 medium beet (5cm)</i>	85	35	0.14	-	-	8	2	6	1	-	3	8	1	5
Carrot, baby cut, raw	<i>about 8 medium baby-cut carrots</i>	80	28	0.10	-	-	7	2	4	1	-	3	5	2	5
Carrot, raw	<i>about 1 medium carrot</i>	100	41	0.24	-	-	10	2	5	1	-	3	9	3	2
Onion - Yellow	<i>about 1/2 cup chopped</i>	85	34	0.08	-	-	8	1	4	1	-	0	4	2	1
Onion - Yellow	<i>about 1/2 cup chopped</i>	85	34	0.08	-	-	8	1	4	1	6	0	4	2	1
Parsnip	<i>about 1/2 cup chopped</i>	85	34	0.08	-	-	8	1	4	1	2	0	4	2	1
Rutabaga	<i>about 1/2 cup chopped</i>	85	34	0.08	-	-	8	1	4	1	3	0	4	2	1
Shallots	<i>about 1/2 cup chopped</i>	85	34	0.08	-	-	8	1	4	1	5	0	4	2	1
White Turnip	<i>about 1/2 cup chopped</i>	85	34	0.08	-	-	8	1	4	1	4	0	4	2	1

## ABOVE THE GROUND

		Serving Size* (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Cholesterol (%DV)	Sodium (%DV)	Potassium (%DV)	Calcium (%DV)	Iron (%DV)
Broccoli, raw	<i>about 1 cup florets</i>	100	34	0.37	0	-	7	2	2	3	-	1	9	4	5
Brussels Sprouts, whole	<i>about 4 sprouts</i>	76	33	0.23	0	-	7	3	2	3	-	1	8	3	8
Cabbage - Green	<i>about 1 cup chopped</i>	100	25	0.10	-	-	6	2	3	1	-	1	5	4	3
Cabbage - Red	<i>about 1 cup chopped</i>	100	31	0.16	-	-	7	2	4	1	-	1	7	4	6
Cauliflower, raw	<i>about 1 cup florets</i>	100	25	0.28	0	-	5	2	2	2	-	1	9	2	3
Corn - sweet yellow (cob)	<i>about 1 medium ear (17cm - 19cm)</i>	90	77	1.22	0	-	17	2	6	3	-	1	7	0	3
Kalettes, raw	<i>about 1 cup</i>	85	42	1.00	-	-	4	4	2	4	-	0	0	0	0
Leeks (bulb and lower-leaf portion), raw	<i>about 1 leek (89g)</i>	89	54	0.03	0	-	13	2	3	1	-	1	5	5	13
Rhubarb, raw	<i>about 1/2 cup diced</i>	64	14	0.13	0	-	3	1	1	1	-	0	5	5	1
Snap Peas	<i>about 25 pods</i>	85	14	0.07	0	-	3	1	1	1	-	0	2	1	5
Squash, Acorn, raw	<i>about 3/4 cup cubes</i>	100	40	0.10	-	-	10	2	2	1	-	0	10	3	5
Squash, Butternut, raw	<i>about 3/4 cup cubes</i>	100	42	0.14	0	-	11	1	5	1	-	0	10	2	3
Squash, other winter varieties, raw	<i>about 3/4 cup cubes</i>	100	34	0.13	-	-	9	2	2	1	-	0	10	3	4
Squash, Spaghetti, raw	<i>about 1 cup cubes</i>	100	31	0.57	0	-	7	1	3	1	-	1	3	2	2

\*Serving size is based on typical produce sizing, variations will occur, courtesy of Mother Nature!

The information in this guide is effective as of September 2021 and is based on raw, whole produce less inedible portions.

Nutrition information was obtained through Health Canada's [Canadian Nutrient File](#) as well as information provided by seed suppliers.