



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	about 1 standard potato	213	164	0.2	-	-	37	3	2	4	-	1	26	2	12
Potato, Yellow	about 1 small potato	170	131	0.2	-	-	30	3	1	3	-	0	20	2	9
Potato, Russet	about 1 standard potato	213	168	0.2	-	-	38	3	1	5	-	0	25	3	13
Potato, Russet	about 1 small potato	170	134	0.1	-	-	31	2	1	4	-	0	20	2	10
Potato, White	about 1 standard potato	213	147	0.2	-	-	33	5	2	4	-	1	25	2	8
Potato, White	about 1 small potato	170	117	0.2	-	-	27	4	2	3	-	1	20	1	6
Potato, Red	about 1 standard potato	213	151	0.3	-	-	34	4	3	4	-	2	28	2	11
Potato, Red	about 1 small potato	170	121	0.2	-	-	27	3	2	3	-	1	22	2	9
Potato, Warba New Nuggets	about 2 small potatoes	170	121	0.2	-	-	27	3	2	3	-	1	22	2	9
Potato, Pacific Pearl (White)	about 2 small potatoes	170	130	0.2	-	-	30	3	1	3	-	1	15	2	7
Potato, Pacific Scarlett (Red)	about 2 small potatoes	170	130	0.2	-	-	30	3	1	3	-	1	15	2	7
Potato, Pacific Sunrise (Yellow)	about 2 small potatoes	170	130	0.2	-	-	30	3	1	3	-	1	15	2	7
Potato, Pacific Sunset (Red skin/Yellow Flesh)	about 2 small potatoes	170	130	0.2	-	-	30	3	1	3	-	1	15	2	7
Potato Creamers (Red)	about 4 creamer potatoes	110	80	0.1	-	-	19	2	1	2	-	0	13	1	5
Potato Creamers (Yellow)	about 4 creamer potatoes	110	80	0.1	-	-	19	2	1	2	-	0	13	1	5
Potato Creamers (Fingerling)	about 2 fingerling potatoes	110	80	0.1	-	-	19	2	1	2	-	0	13	1	5
Beet - Red/Golden	about 1 medium beet (5cm)	85	35	0.1	-	-	8	2	6	1	-	3	8	1	5
Carrot, baby cut, raw	about 8 medium baby-cut carrots	80	28	0.1	-	-	7	2	4	1	-	3	5	2	5
Carrot, raw	about 1 medium carrot	100	41	0.2	-	-	10	2	5	1	-	3	9	3	2
Onion - Yellow	about 1/2 cup chopped	85	34	0.1	-	-	8	1	4	1	-	0	4	2	1
Onion - Yellow	about 1/2 cup chopped	85	34	0.1	-	-	8	1	4	1	6	0	4	2	1
Parsnip	about 1/2 cup chopped	85	34	0.1	-	-	8	1	4	1	2	0	4	2	1
Rutabaga	about 1/2 cup chopped	85	34	0.1	-	-	8	1	4	1	3	0	4	2	1
Shallots	about 1/2 cup chopped	85	34	0.1	-	-	8	1	4	1	5	0	4	2	1
White Turnip	about 1/2 cup chopped	85	34	0.1	-	-	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	about 1 cup florets	100	34	0.37	0	-	7	2	2	3	-	1	9	4	5
Brussels Sprouts, whole	about 4 sprouts	76	33	0.23	0	-	7	3	2	3	-	1	8	3	8
Cabbage - Green	about 1 cup chopped	100	25	0.10	-	-	6	2	3	1	-	1	5	4	3
Cabbage - Red	about 1 cup chopped	100	31	0.16	-	-	7	2	4	1	-	1	7	4	6
Cauliflower, raw	about 1 cup florets	100	25	0.28	0	-	5	2	2	2	-	1	9	2	3
Corn - sweet yellow (cob)	about 1 medium ear (17cm - 19cm)	90	77	1.22	0	-	17	2	6	3	-	1	7	0	3
Kalettes, raw	about 1 cup	85	42	1.00	-	-	4	4	2	4	-	0	0	0	0
Leeks (bulb and lower-leaf portion), raw	about 1 leek (89g)	89	54	0.03	0	-	13	2	3	1	-	1	5	5	13
Rhubarb, raw	about 1/2 cup diced	64	14	0.13	0	-	3	1	1	1	-	0	5	5	1
Snap Peas	about 25 pods	85	14	0.07	0	-	3	1	1	1	-	0	2	1	5
Squash, Acorn, raw	about 3/4 cup cubes	100	40	0.10	-	-	10	2	2	1	-	0	10	3	5
Squash, Butternut, raw	about 3/4 cup cubes	100	42	0.14	0	-	11	1	5	1	-	0	10	2	3
Squash, other winter varieties, raw	about 3/4 cup cubes	100	34	0.13	-	-	9	2	2	1	-	0	10	3	4
Squash, Spaghetti, raw	about 1 cup cubes	100	31	0.57	0	-	7	1	3	1	-	1	3	2	2
Squash, Zucchini, raw	about 1 small zucchini	118	20	0.38	0	-	4	1	3	1	-	0	9	2	3

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

The information in this guide is effective as of February 2022 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.