

3 Nutritional composition

	Content in 100g fresh vegetable					
	Moisture content (%)	Energy (kJ)	Protein (g)	Carbohydrates (total, g)	Sugars (g)	Dietary fibre (g)
Asian leafy – buk choy	96	81	2.6	0.6	0.6	2.4
Asian leafy – choy sum	94	71	1.3	0.9	0.8	2.8
Asian leafy – gai lan	94	92	1.1	3.8	0.8	2.5
Asian leafy – pak choy	95	54	1.5	2.2	1.2	1.0
Asian leafy – wombok	95	44	1.1	0.9	0.9	1.1
Baby spinach	92	101	2.6	0.7	0.7	4.1
Beans	90	122	2.4	2.7	1.3	3.1
Broccoli	91	124	4.4	0.4	0.4	3.6
Brussels sprout	86	150	3.8	2.1	2.1	4.5
Cabbage	92	109	1.6	3.4	3.4	2.7
Capsicum	92	106	1.5	3.5	3.5	1.8
Carrot	88	132	0.8	5	5	3.9
Cauliflower	92	99	2.1	1.9	1.9	2.7
Celery	95	64	0.6	2.3	1.2	1.5
Cucumber – green field	96	50	0.8	1.2	1.2	1.4
Eggplant	92	89	1	2.4	2.4	2.5
Green onions	90	104	1.6	3.2	3.2	1.9
Kale	85	205	4.3	8.8	2.3	3.6
Lettuce – hearting	95	64	1.3	1.1	1.1	1.4
Lettuce – loose leaf	95	40	1	0.4	0.4	1.5
Parsnip	80	241	1.8	10.2	4.9	3.6
Pea, edible pod	79	151	2.9	4.5	2.8	2.6
Pumpkin	92	186	1.4	8.1	6.1	2.6
Rocket	92	105	2.6	3.7	2.0	1.6
Silverbeet	92	70	1.6	1.1	1.1	1.9
Sweet corn	76	297	1.9	14.1	6.5	3
Sweetpotato	73	395	3.9	12.5	3.7	5.6
Zucchini	94	61	0.8	1.6	1.6	1.2