

		1 Cup		3/4 Cup		1/2 Cup		1/4 Cup	
Select Vegetables		<u>Grams</u>	<u>Ounces</u>	<u>Grams</u>	<u>Ounces</u>	<u>Grams</u>	<u>Ounces</u>	<u>Grams</u>	<u>Ounces</u>
Asparagus		134	4.70	100.5	3.53	67	2.35	33.5	1.18
Bell Pepper - Green & Red		149	5.30	111.75	3.98	74.5	2.65	37.25	1.33
Broccoli (Chopped)		91	3.20	68.25	2.40	45.5	1.60	22.75	0.80
Bean Sprouts		100	4.00	75	3.00	50	2.00	25	1.00
Cauliflower		100	3.50	75	2.63	50	1.75	25	0.88
Cabbage - (red/green/bok choy)		89	3.10	66.75	2.33	44.5	1.55	22.25	0.78
Celery		101	3.60	75.75	2.70	50.5	1.80	25.25	0.90
Celery Root		100	3.50	75	2.63	50	1.75	25	0.88
Collards - chopped		36	1.27	27	0.95	18	0.64	9	0.32
Cucumber		104	3.70	78	2.78	52	1.85	26	0.93
Endive		50	1.76	37.5	1.32	25	0.88	12.5	0.44
Fennel		87	3.10	65.25	2.33	43.5	1.55	21.75	0.78
Green Onion		100	3.50	75	2.63	50	1.75	25	0.88
Jicama		130	4.59	97.5	3.44	65	2.30	32.5	1.15
Kale		67	2.40	50.25	1.80	33.5	1.20	16.75	0.60
Kohlrabi		135	4.76	101.25	3.57	67.5	2.38	33.75	1.19
Leeks		89	3.10	66.75	2.33	44.5	1.55	22.25	0.78
Mushrooms		96	3.40	72	2.55	48	1.70	24	0.85
Okra		100	3.50	75	2.63	50	1.75	25	0.88
Onions - raw only		160	5.60	120	4.20	80	2.80	40	1.40
Hot Peppers		150	5.30	112.5	3.98	75	2.65	37.5	1.33
Radish		116	4.10	87	3.08	58	2.05	29	1.03
Rubarb		122	4.30	91.5	3.23	61	2.15	30.5	1.08
Sauerkraut		142	5.00	106.5	3.75	71	2.50	35.5	1.25
Spinach		30	1.10	22.5	0.83	15	0.55	7.5	0.28

