

Food (A-Z)	Serving	Calories	Total Carbs	Fiber	Net Carbs	Carb Content
Acorn Squash	100g	167	10.4	1.5	8.9	Moderate
Alfalfa Sprouts	100g	23	2.1	1.9	0.2	Low
Artichoke	100g	47	10.5	5.4	5.1	Moderate
Arugula	100g	25	3.7	1.6	2.1	Low
Asparagus	100g	20	3.9	2.1	1.8	Low
Avocado	100g	160	8.5	6.7	1.8	Low
Banana Peppers	100g	27	5.4	3.4	2	Low
Bean Sprouts	100g	30	5.9	1.8	4.1	Low
Beets	100g	43	9.6	2.8	6.8	Moderate
Black Beans	100g	341	62.4	15.5	46.9	High
Black Soy Beans	100g	92	6.2	5.4	0.8	Low
Bok Choy	100g	13	2.2	1	1.2	Low
Broccoli	100g	34	6.6	2.6	4	Low
Broccoli Raab	100g	22	2.9	2.7	0.2	Low
Brussels Sprouts	100g	43	9	3.8	5.2	Moderate
Butter Lettuce (Boston Lettuce)	100g	13	2.2	1.1	1.1	Low
Butternut Squash	100g	45	11.7	2	9.7	Moderate
Carrot	100g	41	9.6	2.8	6.8	Moderate
Cauliflower	100g	25	5	2	3	Low
Celeriac	100g	42	9.2	1.8	7.4	Moderate
Celery	100g	16	3	1.6	1.4	Low
Chickpeas (Garbanzo Beans)	100g	139	22.5	6.4	16.1	High
Chives	100g	30	4.4	2.5	1.9	Low
Collard Greens	100g	32	5.4	4	1.4	Low
Corn	100g	86	18.7	2	16.7	High
Cucumber	100g	12	2.2	0.7	1.5	Low
Eggplant	100g	25	5.9	3	2.9	Low
Endive	100g	17	3.4	3.1	0.3	Low
Fava Beans (Broad Beans)	100g	341	58.3	25	33.3	High
Fennel	100g	31	7.3	3.1	4.2	Low
Fiddlehead Ferns	100g	34	5.5	0	5.5	Moderate
Garlic	10g	15	3.3	0.2	3.1	Low
Ginger	10g	8	1.8	0.2	1.6	Low
Green Beans	100g	31	7	2.7	4.3	Low
Green Bell Peppers	100g	20	4.6	1.7	2.9	Low
Green Cabbage	100g	25	5.8	2.5	3.3	Low
Green Leaf Lettuce	100g	15	2.9	1.3	1.6	Low
Green Peas	100g	81	14.5	5.7	8.8	Moderate
Horseradish	10g	5	1.1	0.3	0.8	Low
Iceberg Lettuce	100g	14	3	1.2	1.8	Low
Jalapenos	100g	29	6.5	2.8	3.7	Low
Jicama	100g	38	8.8	4.9	3.9	Low
Kale	100g	49	8.8	3.6	5.2	Moderate
Kidney Beans	100g	337	61.3	15.2	46.1	High
Kohlrabi	100g	27	6.2	3.6	2.6	Low
Leek	100g	61	14.2	1.8	12.4	High
Lentils	100g	352	63.4	10.7	52.7	High
Lima Beans (Butter Beans)	100g	113	20.2	4.9	15.3	High
Mushrooms: Portabella	100g	22	3.9	1.3	2.6	Low
Mushrooms: White	100g	22	3.3	1	2.3	Low
Mustard Greens	100g	27	4.7	3.2	1.5	Low
Napa Cabbage (Chinese Cabbage)	100g	13	2.2	1	1.2	Low
Navy Beans	100g	337	60.8	15.3	45.5	High
Okra	100g	33	7.5	3.2	4.3	Low
Parsnip	100g	75	18	4.9	13.1	High
Pinto Beans	100g	114	20.2	5.5	14.7	High
Poblano Peppers	100g	20	4.6	1.7	2.9	Low
Radicchio	100g	23	4.5	0.9	3.6	Low
Radish	100g	16	3.4	1.6	1.8	Low
Red Bell Peppers	100g	31	6	2.1	3.9	Low
Red Cabbage	100g	31	7.4	2.1	5.3	Moderate
Red Leaf Lettuce	100g	13	2.3	0.9	1.4	Low
Red Onion	100g	30	6.76	3.38	3.38	Low
Rhubarb	100g	21	4.5	1.8	2.7	Low
Romaine Lettuce	100g	19	3.8	3.1	0.7	Low
Russet Potato	100g	79	18.1	1.3	16.8	High
Rutabaga	100g	37	8.6	2.3	6.3	Moderate
Savoy Cabbage	100g	27	6.1	3.1	3	Low
Scallions	100g	32	7.3	2.6	4.7	Low
Shallot	100g	72	16.8	3.2	13.6	High
Snap Peas	100g	31	7	2.7	4.3	Low
Soy Beans	100g	147	11.1	4.2	6.9	Moderate
Spaghetti Squash	100g	31	6.9	1.5	5.4	Moderate
Spinach	100g	23	3.6	2.2	1.4	Low
Summer Squash (Yellow)	100g	16	3.4	1.1	2.3	Low
Sweet Onion	100g	32	7.6	0.9	6.7	Moderate
Swiss Chard	100g	19	3.7	1.6	2.1	Low
Tomato	100g	18	3.9	1.2	2.7	Low
Turnip	100g	28	6.4	1.8	4.6	Low
Wasabi	10g	11	2.4	0.8	1.6	Low
Water Chestnuts	100g	78	19.2	3.9	15.3	High
Watercress	100g	11	1.3	0.5	0.8	Low
White Onion	100g	40	9.3	1.7	7.6	Moderate
Yam	100g	118	27.9	4.1	23.8	High
Yellow Bell Peppers	100g	27	6.3	0.9	5.4	Moderate
Zucchini (Green)	100g	17	3.1	1	2.1	Low