

Table of Carbohydrate & Protein Grams

Vegetable	Qty	Carbs	Protein	PDCAAS	Fruit & Nuts	Qty	Carbs	Protein	PDCAAS
Artichoke	1/2 cup	9.5	2.9		Apple	1 med piece	19.0	0.3	
Asparagus	1/2 cup	2.6	1.5		Apricot fresh	1 med piece	4.6	0.3	
Beans, green	1/2 cup	4.9	1.6		Apricot, dried	1/4 cup	21.3	1.0	
Beans, kidney	1/2 cup	16.0	8.0	0.68	Avocado	1/2	8.0	2.0	
Beans, Lima	1/2 cup	17.0	4.0		Banana, small	1	23.0	0.6	
Broccoli	1/2 cup	3.5	1.1		Blackberries	1/2 cup	7.0	1.0	
Brussels sprouts	1/2 cup	3.4	1.5		Blueberries	1/2 cup	10.5	0.6	
Cabbage, green	1/2 cup	3.4	0.8		Cherries	1/2 cup	9.5	0.6	
Capsicum green raw	1/2 cup	2.1	0.4		Coconut, fresh	1/2 cup	6.0	1.4	0.88
Capsicum red raw	1/2 cup	4.5	0.7		Dried fruit mix	1/2 cup	64.0	0	
Carrot raw	1/2 cup	2.3	0		Feijoa	1/2 cup	13.0	1.5	
Cauliflower	1/2 cup	3.5	1.5	0.77	Fig, fresh	1	9.6	0.4	
Celery raw	1 stalk	1.8	0.3		Grapes	1/2 cup	14.5	0.6	
Chick peas	1/2 cup	20.0	7.0	0.52	Grapefruit	1/2 cup	5.0	0.3	
Chilli pepper	1	1	0.2		Kiwi fruit	1	11.1	0.9	
Corn	1/2 cup	14.8	2.5	0.52	Lemon	1 small	7.8	0.9	
Cucumber	1 small	2.1	0.6		Lime	1 small	7.0	0.5	
Eggplant	1/2 cup	4.2	0.4		Mandarin	1 med piece	9.0	0.5	
Fennel raw	1/2 cup	1.5	0.4		Mango	1/2 cup	14.0	0.4	
Greens, mixed	1 cup	1.8	0.8		Melon	1/2 cup	8.0	0.5	
Kale	1/2 cup	3.0	1.3		Nectarine	1 med piece	11.2	1.0	
Kidney beans	1/2 cup	16.0	8.0		Orange	1 med piece	12.5	0.9	
Leek cooked	1/2 cup	6.5	0.6		Papaya	1/2 cup	6.5	0.4	
Lentils	1/2 cup	19.1	8.5	0.68	Peach	1 med piece	9.0	0.8	
Lettuce raw	1/2 cup	0.8	0.2		Pear	1 med piece	21.1	0.5	
Mushrooms	1/2 cup	4.1	1.7		Pineapple	1/2 cup	10.1	0.4	
Onion cooked	1/2 cup	10.5	1.4		Plum	1 med piece	7.5	0.4	
Onions, spring	1/4 cup	1.9	0.4		Raspberries	1/2 cup	7.0	0.7	
Peas cooked	1/2 cup	5.6	2.7	0.65	Strawberries	1/2 cup	6.5	0.5	
Potato cooked	1/2 Cup	15.2	1.5	0.57	Tamarillo	1/2 cup	4.5	1.0	
Pumpkin	1/2 cup	4.0	0.5		Tangerine	1	9.3	0.6	
Radishes raw	1/2 cup	2.0	0.4		Watermelon	1 slice	11.4	0.9	
Rhubarb	1/2 cup	2.8	0.5						
Silverbeet cooked	1/2 cup	0.7	0.3		Almonds	1/4 cup	6.0	6.0	0.73
Spinach, raw	1 cup	1.0	0.8		Cashews	1/4 cup	9.0	5.0	0.90
Squash, butternut	1/2 cup	8.0	0.7		Chia seed	1 Tbsp	5.7	2.8	0.29
Tomato, raw	1/2 cup	3.5	0.7		Flax seed	1 Tbsp	2.0	1.3	
Tomatoes, canned	1/2 cup	4.5	1.0		Macadamias	1/2 cup	9.2	4.0	0.04
Turnip	1/2 cup	4.0	0.5		Peanuts	1/2 cup	5.2	9.3	0.52
Watercress	1/2 cup	0.2	0.4		Pumpkin seeds	1/4 cup	1.0	10.0	0.88
Zucchini	1/2 cup	1.9	0.7		Tahini	2 Tbsp	3.0	9.0	0.55