

NUTRITIVE VALUE OF VEGETABLES

	Energy (Kcals)	Moisture (g)	Protein (g)	Fat (g)	Mineral (g)	Carbohydrate s(g)	Fibre (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)
Ash gourd	10	96	0	0	0	2	1	30	20	1
Beans, scarlet	158	58	7	1	2	30	2	50	160	3
Bitter gourd	25	92	2	0	1	4	1	20	70	1
Bitter gourd, small	60	83	2	1	1	11	2	23	38	2
Bottle gourd	12	96	0	0	0	2	1	20	10	0
Brinjal	24	93	1	9	9	4	1	18	47	0
Broad beans	48	85	4	0	1	7	2	50	64	1
Cauliflower	30	91	3	0	1	4	1	33	57	1
Cho-cho marrow	27	92	1	0	0	6	1	140	30	1
Cluster beans	16	81	3	0	1	11	3	130	57	1
Colocasia stem	18	94	0	0	1	4	1	60	20	0
Cowpea pods	48	85	3	0	1	8	2	72	59	2
Cucumber	13	96	0	0	0	2	0	10	25	1
Double beans	85	74	8	0	1	12	4	40	140	3
drumstick	26	87	3	0	2	4	5	30	110	0
drumstick flowers	50	86	4	1	1	7	1	51	90	0
Field beans, tender	48	86	4	1	1	7	2	210	68	1
Figs, red	53	80	1	1	2	11	6	187	39	0
French beans	26	92	2	0	1	5	2	50	28	1
Ghosala	18	93	1	0	1	3	2	36	19	1
giant chillies	24	93	1	0	1	4	1	10	30	0
Jack fruit, tender	51	84	3	0	1	9	3	30	40	2
Jack fruit seeds	133	65	7	0	1	26	2	50	97	2
kankoda	52	84	3	1	1	8	3	33	42	5
Karonda fresh	42	91	1	3	0	3	2	21	28	0
Karonda dry	364	18	2	10	3	67	0	160	60	39
Kheksa	29	90	1	0	1	6	2	27	38	0
Kovai	18	93	1	0	1	3	2	40	30	0
Knol-Khol	21	93	1	0	1	4	2	20	35	2
Ladies finger	31	90	2	0	1	6	1	66	56	0
Lakuch, raw	73	90	2	1	1	14	3	67	25	0
Leeks	77	79	2	0	1	17	1	50	70	2
Lotus stem, dry	234	10	4	1	9	51	25	405	128	61
Mango, green	44	88	1	0	0	10	1	10	19	0
Onion stalks	41	88	1	0	1	9	2	50	50	7
papaya, green	27	92	1	0	1	6	1	28	40	1
Parwar	20	92	2	0	1	2	3	30	40	2
Pink beans	44	87	3	0	1	7	2	54	70	2
Plantain flower	34	90	2	1	1	5	1	32	42	2
Plantain green	64	83	1	0	1	14	1	10	29	6

Plantain stem	42	88	1	0	1	10	1	10	10	1
pumpkin fruit	25	93	1	0	1	5	1	10	30	0
pumpkin flowers	39	89	2	1	1	6	1	120	60	0
ridge gourd	17	95	1	0	0	3	0	18	26	2
Snake gourd	18	94	1	0	1	3	1	26	20	22
Sundakai, dry	269	12	8	2	5	55	18	390	180	2
Sword beans	44	87	3	0	1	8	2	60	40	2
Tinda, tender	21	93	1	0	1	3	1	25	24	1
Tomato, green	23	93	2	0	1	4	1	20	36	2
Vegetable marrow	17	94	1	0	0	3	1	10	30	1
Water chestnut, fresh	115	70	5	0	1	23	1	20	150	2
Water chestnut, dry	330	14	13	1	3	69	0	70	440	2

Source

Gopalan. C, Rama Sastri B.V. and Balasubramanian, S.C., 2004, Nutritive Value of Indian Foods, National Institute of Nutrition, ICMR, Hyderabad.