

# Nutritional Content for Select Fruits, Vegetables and Legumes

by Cynthia Gail Manor  
Austin Community College  
November 24, 2021

## End User Notice(s)

The original data for this report are in decimal format. Amounts were rounded to the nearest whole number. Therefore, some sub-totals may not add up to their corresponding grand totals.

This report is also available on the internet.

Last Published November 24, 2021 • 1:10:25 p.m.

# Apple

---

## Nutrition Highlights

Excellent source of soluble fiber

High in vitamin C

Great low-calorie snack

## Calorie Information

**Food Category:** Fruit

**Portion Size:** 1 medium

**Estimated Glycemic Load:** 5

**TABLE A: Total Calories by Carbs, Fats, and Protein**

Total	Carbohydrates	Fats	Protein
95	90	3	2

**TABLE B: Percent Total Calories by Carbs, Fats, and Protein**

% Carbohydrates	% Fats	% Protein
95	3	2

**TABLE C: Total Carbs, including Fiber, Starch, and Sugar in Grams**

Total Carbohydrates	Fiber	Starch	Sugars
25	4	0	19

## Top Vitamins and Minerals

Vitamin / Mineral	Percent Daily Value
C	14
K	5
Potassium	6

# Apricot

---

## Nutrition Highlights

Outstanding source of vitamin A and vitamin C

## Calorie Information

**Food Category:** Fruit

**Portion Size:** 1 medium

**Estimated Glycemic Load:** 1

**TABLE A: Total Calories by Carbs, Fats, and Protein**

Total	Carbohydrates	Fats	Protein
17	14	1	2

**TABLE B: Percent Total Calories by Carbs, Fats, and Protein**

% Carbohydrates	% Fats	% Protein
83	7	10

**TABLE C: Total Carbs, including Fiber, Starch, and Sugar in Grams**

Total Carbohydrates	Fiber	Starch	Sugars
4	1	0	3

## Top Vitamins and Minerals

Vitamin / Mineral	Percent Daily Value
A	13
C	6

# Banana

---

## Nutrition Highlights

Very high in potassium

## Calorie Information

**Food Category:** Fruit

**Portion Size:** 1 medium

**Estimated Glycemic Load:** 10

**TABLE A: Total Calories by Carbs, Fats, and Protein**

Total	Carbohydrates	Fats	Protein
105	98	3	4

**TABLE B: Percent Total Calories by Carbs, Fats, and Protein**

% Carbohydrates	% Fats	% Protein
93	3	4

**TABLE C: Total Carbs, including Fiber, Starch, and Sugar in Grams**

Total Carbohydrates	Fiber	Starch	Sugars
27	3	6	14

## Top Vitamins and Minerals

Vitamin / Mineral	Percent Daily Value
B-6	22
C	17
Manganese	16
Potassium	12

# Blackberries

---

## Nutrition Highlights

Packed with vitamin C, vitamin K and vitamin E

Great source of minerals, such as magnesium and manganese

Very good source of dietary fiber

## Calorie Information

**Food Category:** Berry

**Portion Size:** 1 cup

**Estimated Glycemic Load:** 4

**TABLE A: Total Calories by Carbs, Fats, and Protein**

Total	Carbohydrates	Fats	Protein
62	49	6	7

**TABLE B: Percent Total Calories by Carbs, Fats, and Protein**

% Carbohydrates	% Fats	% Protein
79	10	11

**TABLE C: Total Carbs, including Fiber, Starch, and Sugar in Grams**

Total Carbohydrates	Fiber	Starch	Sugars
15	8	0	7

## Top Vitamins and Minerals

Vitamin / Mineral	Percent Daily Value
A	6
C	50
Copper	12
E	8
K	36
Manganese	47

# Blueberries

---

## Nutrition Highlights

Rich in vitamin K and vitamin C  
Outstanding source of manganese  
High in antioxidants

## Calorie Information

**Food Category:** Berry

**Portion Size:** 1 cup

**Estimated Glycemic Load:** 6

**TABLE A: Total Calories by Carbs, Fats, and Protein**

Total	Carbohydrates	Fats	Protein
85	77	4	4

**TABLE B: Percent Total Calories by Carbs, Fats, and Protein**

% Carbohydrates	% Fats	% Protein
91	5	4

**TABLE C: Total Carbs, including Fiber, Starch, and Sugar in Grams**

Total Carbohydrates	Fiber	Starch	Sugars
21	4	0	15

## Top Vitamins and Minerals

Vitamin / Mineral	Percent Daily Value
C	24
K	36
Manganese	25

# Brussel Sprouts

---

## Nutrition Highlights

Rich in anti-oxidants

Very high in Vitamins K and C; relatively high in protein compared to other vegetables

## Calorie Information

**Food Category:** Vegetable

**Portion Size:** 1 cup

**Estimated Glycemic Load:** 3

**TABLE A: Total Calories by Carbs, Fats, and Protein**

Total	Carbohydrates	Fats	Protein
38	28	2	8

**TABLE B: Percent Total Calories by Carbs, Fats, and Protein**

% Carbohydrates	% Fats	% Protein
75	6	19

**TABLE C: Total Carbs, including Fiber, Starch, and Sugar in Grams**

Total Carbohydrates	Fiber	Starch	Sugars
8	3	0	2

## Top Vitamins and Minerals

Vitamin / Mineral	Percent Daily Value
B6	10
C	125
Folate	13
K	195
Manganese	15
Potassium	10

# Celery

---

## Nutrition Highlights

A good source of fiber

Very high in protein

High in Folate, B vitamins, and various minerals

## Calorie Information

**Food Category:** Vegetables

**Portion Size:** 1 cup chopped

**Estimated Glycemic Load:** 1

**TABLE A: Total Calories by Carbs, Fats, and Protein**

Total	Carbohydrates	Fats	Protein
16	12	1	3

**TABLE B: Percent Total Calories by Carbs, Fats, and Protein**

% Carbohydrates	% Fats	% Protein
73	10	17

**TABLE C: Total Carbs, including Fiber, Starch, and Sugar in Grams**

Total Carbohydrates	Fiber	Starch	Sugars
4	2	0	2

## Top Vitamins and Minerals

Vitamin / Mineral	Percent Daily Value
A	9
Folate	9
K	37



# Lentils (boiled, no salt)

---

## Nutrition Highlights

A good source of fiber  
Very high in protein  
High in Folate, B vitamins, and various minerals

## Calorie Information

**Food Category:** Legumes  
**Portion Size:** 1 cup  
**Estimated Glycemic Load:** 13

**TABLE A: Total Calories by Carbs, Fats, and Protein**

Total	Carbohydrates	Fats	Protein
230	161	6	62

**TABLE B: Percent Total Calories by Carbs, Fats, and Protein**

% Carbohydrates	% Fats	% Protein
70	3	27

**TABLE C: Total Carbs, including Fiber, Starch, and Sugar in Grams**

Total Carbohydrates	Fiber	Starch	Sugars
40	16	0	4

## Top Vitamins and Minerals

Vitamin / Mineral	Percent Daily Value
B6	18
B6	18
Copper	25
Folate	90
Iron	37
Magnesium	18
Manganese	49
Phosphorus	36
Potassium	21

Vitamin / Mineral	Percent Daily Value
Thiamin	22

# Onion

---

## Nutrition Highlights

A good source of fiber  
High in vitamin C

## Calorie Information

**Food Category:** Vegetables  
**Portion Size:** 1 medium  
**Estimated Glycemic Load:** 4

**TABLE A: Total Calories by Carbs, Fats, and Protein**

Total	Carbohydrates	Fats	Protein
44	40	1	3

**TABLE B: Percent Total Calories by Carbs, Fats, and Protein**

% Carbohydrates	% Fats	% Protein
90	2	8

**TABLE C: Total Carbs, including Fiber, Starch, and Sugar in Grams**

Total Carbohydrates	Fiber	Starch	Sugars
10	2	0	5

## Top Vitamins and Minerals

Vitamin / Mineral	Percent Daily Value
B6	7
C	14
Manganese	7

# Pinto Beans (boiled, no salt)

## Nutrition Highlights

A good source of fiber  
High in protein  
High in nearly a dozen vitamins and minerals

## Calorie Information

**Food Category:** Legumes  
**Portion Size:** 1 cup  
**Estimated Glycemic Load:** 15

**TABLE A: Total Calories by Carbs, Fats, and Protein**

Total	Carbohydrates	Fats	Protein
245	182	9	54

**TABLE B: Percent Total Calories by Carbs, Fats, and Protein**

% Carbohydrates	% Fats	% Protein
74	4	22

**TABLE C: Total Carbs, including Fiber, Starch, and Sugar in Grams**

Total Carbohydrates	Fiber	Starch	Sugars
45	15	26	1

## Top Vitamins and Minerals

Vitamin / Mineral	Percent Daily Value
B6	20
B6	20
E	8
Folate	74
Iron	20
Manganese	39
Phosphorus	25
Potassium	21
Thiamin	22

# Potato (russet, with skin)

## Nutrition Highlights

High in Vitamin B6 and Potassium

## Calorie Information

**Food Category:** Vegetable

**Portion Size:** 1 medium

**Estimated Glycemic Load:** 18

**TABLE A: Total Calories by Carbs, Fats, and Protein**

Total	Carbohydrates	Fats	Protein
168	154	1	13

**TABLE B: Percent Total Calories by Carbs, Fats, and Protein**

% Carbohydrates	% Fats	% Protein
91	1	8

**TABLE C: Total Carbs, including Fiber, Starch, and Sugar in Grams**

Total Carbohydrates	Fiber	Starch	Sugars
40	3	34	1

## Top Vitamins and Minerals

Vitamin / Mineral	Percent Daily Value
B6	37
Niacin	11
Potassium	25
Thiamin	12

---

For More Nutrition Data Visit  
[Nutrition Data](#)

author: cynthia gail manor

Last Published November 24, 2021 • 1:10:25 p.m.