

# LOW CARB VEGETABLES CHART

*Keto Friendly*

Vegetables	Carbs (gm)	Serving Size ( gm)
Cauliflower	4.97 g	100 g
Broccoli	6.64 g	100 g
Asparagus	3.88 g	100 g
Kale	4.42 g	100 g
Egg plant	5.88 g	100 g
Tomato	3.89 g	100 g
Green beans	6.97 g	100 g
Zucchini	3.11 g	100 g
Cabbage	5.8 g	100 g
Radish	2.1 g	100 g
Celery	1.37 g	100 g
Arugula	0.4 g	10 gram
Bok choy	1.5 g	70 gram
Lettuce	1 g	40 gram
Spinach	1.1 g	30 gram
Carrot	0.7 g	7 gram
Bell pepper	0.7 g	12 gram
Cucumber	0.85 g	50 gram

<https://www.justchartit.com/low-carb-vegetable-chart/>

