

TOP 20 LOW-CARB VEGETABLES

Data is Net Carbs

BASED ON ONE CUP SERVING



Romaine Lettuce
0.2g



Spinach
0.3g



Swiss Chard
0.8g



Bok Choy
0.9g



Kale
1.3g



Celery
1.6g



Radishes
2.1g



Cucumber
2.1g



Asparagus
2.4g



Cabbage
2.9g



Cauliflower
3.2g



Broccoli
3.5g



Kohlrabi
3.5g



Fennel
3.6g



Zucchini
3.7g



Bell Peppers
3.7g



Green Beans
4g



Brussel Sprouts
4.5g



Green Onions
4.7g



Tomatoes
4.8g