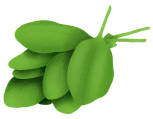
LOW CARB VEGETABLES

- Net carbs per 100g/3.5oz -

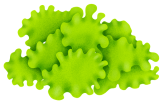


Spinach

0.6g

Mushrooms

0.6g



Lettuce

1.1g

Pak Choi

1.2g

Chinese Cabbage

1.4g

Avocado

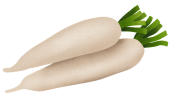
1.8g

Cucumbers

1.8g

Olives

1.8g



Daikon Radish

1.9g

Asparagus

2.0g

Zucchini

2.1g

Radishes

2.1g

Celery

2.2g

Cauliflower

2.3g

Chicory

2.3g

Hot Peppers

2.4g

Savoy Cabbage

2.4g

Eggplant

2.5g

Broccoli

2.5g

Kale

2.5g

Tomatoes

2.6g

Artichokes

2.8g

Fennel

2.8g

Green Beans

3.1g

Leek

3.2g

Brussel Sprouts

3.3g

Red Cabbage

3.5g

Kohlrabi

3.7g

Bell Pepper

3.9g

Cabbage

4.2g

Pumpkin

4.6g

Carrots

4.8g

Onions

4.9g

Sugar Snap Peas

5.0g

Beetroot

6.8g

Peas

8.8g

KOCH KETO