BEST LOW CARB VEGGIES?

(based on 1-cup servings of raw vegetables)

SPINACH

Total Carbs 1.1g Fiber: .7g Net Carbs: .4g



KALE

Total Carbs 4.4g Fiber: 4.1g Net Carbs: .3g

MUSHROOMS

Total Carbs 2.3g Fiber: .7g Net Carbs: 1.6g





ASPARAGUS

Total Carbs .6g Fiber: .3g Net Carbs: .3g

CAULIFLOWER

Total Carbs 5g Fiber: 2g Net Carbs: 3g



BROCCOLI

Total Carbs 6g Fiber: 2.4g Net Carbs: 3.6g

ZUCCHINI

Total Carbs 3.5g Fiber: 1.2g Net Carbs: 2.3g





CABBAGE

Total Carbs 3.9g Fiber: 2g Net Carbs: 1.9g

EGGPLANT

Total Carbs 4.8g Fiber: 2.5g Net Carbs: 2.3g



BELL PEPPERS

Total Carbs 7g Fiber: 2.5g Net Carbs: 4.5g

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Low Carb Recipes Guide Warranty

Lei Shi

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