

What 100 Calories Looks Like: Veggie Edition

BY [FITSUGAR](#)



Veggies are always prized as "low-calorie," but do you ever wonder just how low? Check out the chart below to see what 100 calories of your fave veggies looks like. You won't believe how many grape tomatoes you'd have to eat to reach 100 calories!

Food	Amount	Calories
Asparagus	32 spears	106
Avocado	1/3 of the fruit	106
Beets (sliced)	1 1/2 cups	94
Bell Pepper (green)	4 medium peppers	95
Bell Pepper (red)	3 and 1/3 medium peppers	103
Broccoli (raw)	10 (5-inch long spears)	105
Brussels Sprouts	14 heads	106
Carrots (baby)	28	98

Food	Amount	Calories
Cauliflower (raw)	30 flowerettes	98
Celery	18 (8-inch stalks)	101
Corn (sweet white)	Kernels from two ears	118
Cucumber	2 (8 1/4-inch cukes)	90
Green beans (cooked)	2 1/4 cups	98
Kale (cooked)	3 cups	109
Lettuce (Romaine)	1 head	106

<u>Mushrooms (raw)</u>	20 large	101
<u>Onions (raw)</u>	2 medium	92
<u>Peas (cooked)</u>	3/4 cup	94
<u>Potato (russet)</u>	3/4 small	100
<u>Potato (sweet)</u>	2 small	108
<u>Radishes (raw)</u>	70 large	101
<u>Spinach (raw)</u>	45 leaves	98
<u>Summer Squash (raw)</u>	3 medium	94
<u>Tomato (grape)</u>	48	108
<u>Tomato (Roma)</u>	3 medium	105
<u>Zucchini</u>	3 medium	94