

Peas

Protein
B Vitamins
Vitamin C
Iron
Carbohydrates

Corn

Carbohydrates
Vitamin A
B Vitamins
Vitamin C
Potassium

Beets

B Vitamins
Vitamin A
Vitamin C
Iron
Calcium
Carbohydrates
Potassium

Beans

Protein
Carbohydrate
Phosphorus
B vitamins
Vitamin C
Iron

Lettuce

Vitamin A
Calcium
Iron
Potassium

Tomatoes

Vitamin A
Vitamin C
Potassium

Zucchini

Vitamin A
Vitamin C

Carrots

Carbohydrates
Vitamin A
B Vitamins

Onion

Potassium
Vitamin C

Cucumbers

Vitamin A
Vitamin C
Potassium

Eggplant

Potassium
B Vitamins

Radishes

Vitamin C

