Vegetable	Serving Size	Calories	Fat	Sat Fat	Protien	Total Carb	Sodium
Refried Beans	1/2 c	130	2	0.5	8	20	
Mashed Potato	1/2 c	73.69	1	0	1.45	15	17
French Fries	1/2 c	111	4.4	1	1.4	16	296
Cucumber	1/2 c	15	0	0	1	3	0
Tomatoe	1/2 c	27	0	0	1	6	0
Romaine Lettuce	3 oz	15	0	0	1	3	0
Pickle Spear	1 ea	4	0.1	0.1	0.1	0.8	0
Brocolli Steamed	1/2 C	25	0	0	3	5	0
Cooked Carrots	1/2 c	27	0.5	0.09	0.42	2.86	0
Cooked Corn	1/2 C	67	1	0	2	16	1
Cooked Green Beans	1/2 C	19	0.06	0.02	2.18	1.01	0
Carrot Sticks	1/2 C	24	0	0	0	7	0
Celery Sticks	1/2 c	8	0	0	0	2	0
Hash Brown	1 oval	180	3.5	0	2	20	330
Tater Tots	1/2 C	130	6	1	2	22	80
Curly Fries	1/2 C	150	8	1	2	20	360