Lowest Carb Containing Vegetables

When it comes to comparing which vegetable has fewer carbohydrates it's not necessarily an easy process since veggies come in all sizes and shapes. Serving size is important when determining how many carbs a meal really contains. For example: a 50-gram portion is either 1/2-cup chopped celery, or 2 extra long spears of asparagus.

Top 25 low carbohydrate veggies:

1. Arugula
    - 2g of carbs in a 50-gram portion
    - One cup of arugula contains 1g of carbs
2. Cucumber
    - 1g of carbs in a 50-gram portion
    - One-half cup of sliced cucumbers contains 2g of carbs
3. Broccoli raab
    - 1g of carbs in a 50-gram portion
    - One-half bunch of cooked broccoli raab contains 7g of carbs
4. Romaine lettuce
    - 2g of carbs in a 50-gram portion
    - One cup of shredded romaine lettuce contains 1.5g of carbs
5. Iceberg lettuce
    - 2g of carbs in a 50-gram portion
    - One cup of shredded iceberg lettuce contains 2g of carbs
6. White mushrooms
    - 2g of carbs in a 50-gram portion
    - One-half cup of raw sliced white mushrooms contains 2g of carbs
7. Radishes
    - 2g of carbs in a 50-gram portion
    - One-half cup of sliced raw radishes contain 2g of carbs
8. Green pepper
    - 2g of carbs in a 50-gram portion
    - One-half cup of sliced green peppers contains 2g of carbs
9. Celery
    - 2g of carbs in a 50-gram portion
    - Two medium stalks of celery contains 2.5g of carbs
10. Asparagus
    - 2g of carbs in a 50-gram portion
    - One-half cup of cooked asparagus contains 3.5g of carbs
11. Okra
    - 2g of carbs in a 50-gram portion
    - One-half cup of cooked sliced okra contains 3.5g of carbs
12. Turnips
    - 2g of carbs in a 50-gram portion
    - One-half cup of cooked turnips contains 4g of carbs
13. Yellow pepper
    - 3g of carbs in a 50-gram portion
    - One-half cup of sliced yellow pepper contains 3g of carbs
14. Red bell pepper
    - 3g of carbs in a 50-gram portion
    - One-half cup of sliced red pepper contains 3g of carbs
15. Cauliflower
    - 3g of carbs in a 50-gram portion
16. One-half cup of cooked cauliflower contains 5g of carbs Cabbage
    - 3g of carbs in a 50-gram portion
    - One cup of cooked shredded cabbage contains 8.5g of carbs
17. Spinach
    - 4g of carbs in a 50-gram portion
    - One-half cup of cooked spinach contains 3.5g of carbs
18. Green beans
    - 4g of carbs in a 50-gram portion
    - One-half cup of cooked green beans contains 5g of carbs
19. Broccoli
    - 4g of carbs in a 50-gram portion
    - One cup of cooked chopped broccoli contains 11g of carbs
20. Beets
    - 4g of carbs in a 50-gram portion
    - One-half cup of sliced canned beets contain 12.5g of carbs
21. Sugar snap peas
    - 5g of carbs in a 50-gram portion
    - One-half cup of whole raw sugar snap peas contains 1g of carbs
22. Kale
    - 5g of carbs in a 50-gram portion
    - One-half cup of chopped cooked kale contains 4g of carbs
23. Carrots
    - 5g of carbs in a 50-gram portion
    - One-half cup of carrots contains 6g of carbs
24. Onions
    - 7g of carbs in a 50-gram portion
    - One-half cup of cooked onions contains 11g of carbs
25. Corn
    - 10g of carbs in a 50-gram portion
    - One medium ear of corn contains 26g of carbs

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