

Keto friendly Vegetables

net carbs / 3.5oz (100g)

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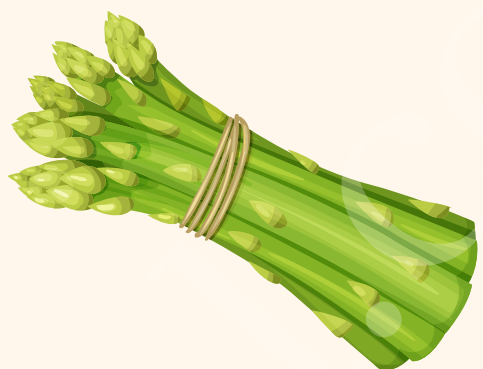
SPINACH

0.8 g net carbs / 3.5oz (100g)



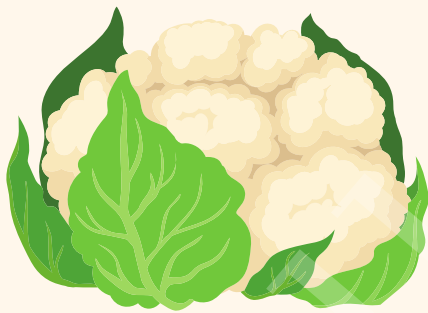
ASPARAGUS

1.7g net carbs / 3.5oz (100g)



CAULIFLOWER

3 g net carbs / 3.5oz (100g)



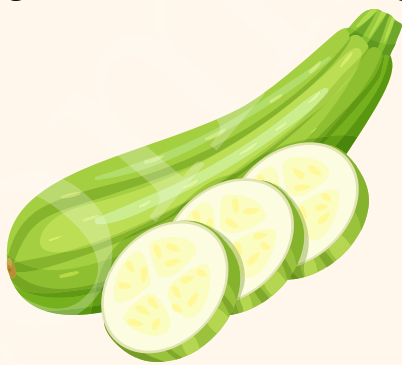
BROCCOLI

3.8 g net carbs / 3.5oz (100g)



ZUCCHINI

2 g net carbs / 3.5oz (100g)



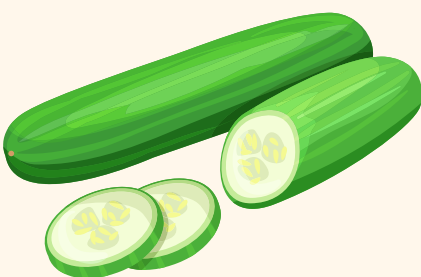
EGGPLANT

2.8 g net carbs / 3.5oz (100g)



CUCUMBER

2.1 g net carbs / 3.5oz (100g)



GREEN BEANS

4.3 g net carbs / 3.5oz (100g)



CABBAGE

3.3 g net carbs / 3.5oz (100g)



GREEN PEPPERS

3.8 g net carbs / 3.5oz (100g)



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